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+ WHAT IT FEELS LIKE TO COME IN DEAD LAST—NO SHAME!

**HEALTHY  
OR HYPE?**  
The New  
Meal-Delivery Trend

*In It to Win It:*  
Shalane Flanagan  
Returns to the  
Boston Marathon

**Cool  
Braids  
for Hot  
Races**  
*p. 42*

APRIL 2015  
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HAPPEN.**

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# Women's Running











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**The best new  
sports bras for  
every size!**  
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# Ready for Battle

At mile 13, I felt a little too fatigued; at 15 my body started to sputter; at 19 the wheels fell off. My calves seized up and my vision narrowed as I slowed to a shuffle, scraping my feet along the street. After crossing the finish line, I lay curled in a ball on the sidewalk for two hours before I could muster the energy to take the subway home.

The experience of running the New York City Marathon remains one of the most salient of my life—but in terms of marathon stories, it's not impressive. In fact, it's pretty boring. Just about anyone who has a marathon or two under her belt can tell a similar tale.

Racing 26.2 miles is incredibly difficult—some people say it takes a special sort of crazy to sign up. But on that start line in New York, I was joined by 40,000 other runners. Last year, there were more than 541,000 marathon finishers in the United States alone.

So aside from the promise of pure agony, what's the big appeal? To be honest, I'm not sure. I have a hard time pinning down exactly why I enjoy marathons, so it's tough to rationalize why half a million others would feel the same way.

However, I can more successfully explain what I gain from the race. Completing something hard voluntarily makes it easier to get through uncomfortable situations I don't anticipate—whether that means dealing with a family issue or a challenge at work.

Even disastrous races become a source of strength. Every marathon finish for me is a little weapon I can store in my back pocket to wield when I need it most. Of course, you don't have to run 20-plus miles to tap into inner strength. Your "marathon" could be a fast mile or a mountain climb. Still—and I know I'm biased—I think it's a worthy goal to try at least once.

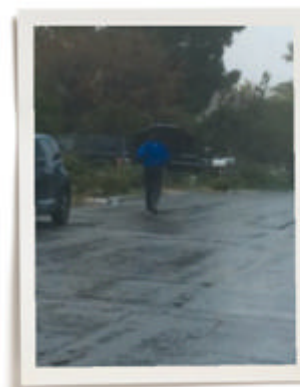
If you are interested in testing out your 26.2-mile stamina, this issue will help you get there with fueling plans, training schedules and racing tips. So why not give it a go? You might discover you have a few secret weapons in your arsenal—and you never know when you'll need to be ready for battle.



Jessie Sebor / @JessieSebor

Join in on the fun!  
Use #TeamWR on Twitter or  
Instagram to share questions,  
pics, tips and brags!

## WHERE I'VE BEEN RUNNING TO LATELY...



1. It only rains a few days a year in San Diego—and when it does, the locals completely freak out. As a former East Coaster, it gave me a chuckle to see this fellow runner on a drizzly day.



2. When Adidas launches a shoe, the brand goes big. At its winter media event, famous athletes, smoke machines and thumping music ushered in the Boost 2.



3. Do sunset runs ever get old? I hope not.



**HOKA** ONE ONE

# THE PONYTAIL EXPRESS™

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YOU CAN GET ON BOARD. OR STEP ASIDE AND LET THEM THROUGH.  
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CHALLENGER ATR.  
BUILT LIGHT AND  
STURDY WITH AN  
AGGRESSIVE OUTSOLE,  
THIS ALL-TERRAIN SHOE  
TACKLES ANY SURFACE.





**WILD ALASKA SALMON, SPINACH AND BACON BENEDICT**

Prep Time: 15 minutes  
Cook Time: 20 minutes  
Servings: 4

### RECIPE

1 package (10 oz.) frozen chopped or leaf spinach, thawed and moisture pressed out  
1 can (10.5 oz.) cream of mushroom soup  
1/3 cup cooked, diced applewood-smoked bacon, kept warm (divided)  
1 can (7.5 oz.) traditional pack canned salmon or 1 can (6 to 7.1 oz.) skinless, boneless canned salmon  
1/2 teaspoon kosher salt  
1/2 teaspoon coarse black pepper  
4 large biscuits or toasted English muffins, split and kept warm  
4 large eggs  
3/4 cup finely-diced tomato  
Cooking spray, as needed

Spray-coat a large saucepan. Stir in and heat the spinach, soup, 1/4 cup bacon, salt and pepper. Fold in canned salmon and the salmon liquid; break salmon into chunks. Heat through; cover and keep warm.


Fry eggs in a large spray-coated pan just until sunnyside up (or to desired doneness). To serve, place 2 biscuit/muffin halves on each of 4 plates, overlapping slightly. Divide and spoon creamed salmon mixture over biscuits. Top each serving with an egg. Sprinkle on remaining bacon and tomato dices.

**Nutrients per serving**  
(with English muffins): 379 calories, 13g total fat, 3g saturated fat, 32% calories from fat, 28.5g protein, 37g carbohydrate, 3g fiber, 1415mg sodium, 286mg calcium and 1030mg omega-3 fatty acids.

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# WOMEN'S Running

What is your favorite thing about the city of Boston?

It's tough to choose one thing! I love the jazz brunch in Boston's South End at the Beehive—it's cozy, tasty and the live music is a treat.

Editor in Chief  
**JESSICA SEBOR**

**MANAGING EDITOR** Nicole M. Miller  
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I grew up just north of Boston, so my favorite thing about the city is that it feels like home. Lobster rolls are a close second.

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I love walking through the Public Garden. It's a cool feeling to be surrounded by a beautiful green space in the midst of a bustling city!



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The lobsters!



I like the food in the North End. The gelato is amazing.



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The Salty Dog in Quincy Market for a bowl of chowder and a pint on the patio.



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# THE PERFECT FOOD FOR FINISHERS.

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*The final grueling uphill mile. That last muscle shaking rep. Or beating your training buddy right at the race's end. Fact is, superhuman efforts rely on super nutritional foods like Alaska canned salmon. It provides a payload of protein. 100% of your daily immune system boosting vitamin D. And all the bone-building calcium you need to not just go the distance, but to totally destroy it.*

*No matter where your road, trail or treadmill takes you, make sure Alaska canned salmon is part of your training table. It'll ensure you get right where you need to be - over the finish line.*

*Discover more about the performance enhancing nutritional value of Alaska canned salmon by visiting [www.alaskaseafood.org/trainingtable](http://www.alaskaseafood.org/trainingtable).*

Alaska canned salmon has 4x the omega-3s EPA & DHA and 12x the vitamin D as many popular canned meats and fish. It also has 25% of adult RDA for calcium and nearly the daily reference amount for selenium!

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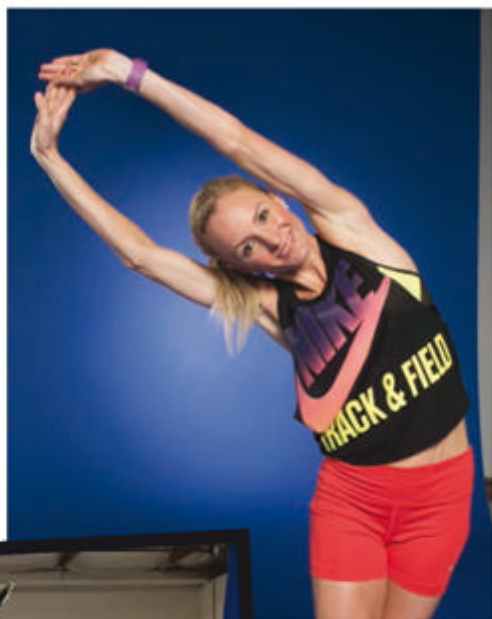


# BEHIND THE SHOOT

The best way to spend a Saturday is with the number 10 ranked female marathoner in the world: **Shalane Flanagan**. The Olympic bronze medalist stepped into our Portland, Ore., studio like she does every starting line—ready to work. After several great shots and multiple wardrobe changes, Shalane led us to the nearby Nike headquarters in Beaverton, where she does most hard track workouts. (She even has her own parking spot!) Our crew was in awe of the oval that jetted through some gorgeous Pacific Northwest trees—but we were most stoked to get a day with a future Boston Marathon champion!

## #TBT

Nike supplied tons of options for the best cover look, and some of our favorites were the neon throwback track-and-field tops. It could totally work for a race-day kit, right?



## RUNNING IDOLS

Yes, that is one of the world's great long-distance runners eyeing world-class sprinter Michael Johnson and his infamous gold spikes that earned him double gold at the 1996 Olympics. And it's one of our favorite photos of the day.



## LIKE A PRO

Shalane had a flawless stride as our photographer captured the perfect cover look across our bold blue background. Shalane chose three Nike pieces: **2.5" Epic Run boy shorts** (\$50), **Pro Classic Diagonal Stripe bra** (\$45) and **LunarGlide 6 shoes** (\$110).



## BOSTON BOUND

Editor Caitlyn Pilkington, who qualified for Boston one week before the shoot, swapped marathon stories with Shalane as she learned about 10 precious moments that shaped the elite runner's professional running life. Hint: She's living her dream job on page 48.

## OVAl OFFICE

The sun began to sink as we approached the late afternoon hours on the track at Nike HQ. Shalane threw on a bundled-up look to match the outside ambiance as we wrapped—and we were totally jeally of her bright pink compression socks!






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A full-page photograph of a woman running away from the camera on a dirt trail. She is wearing a light-colored long-sleeved athletic top and dark leggings. The background is a hazy, sunlit landscape with trees and brush. The image has a warm, golden-hour glow. Vertical purple and yellow bars are on the left and right sides of the page.

"What does running feel like to me? It's a sense of freedom. It might not start like it every single time. There are days where I feel sore from a previous workout, that I'm a little tired and not quite awake. But once I'm in my moment and I get in a good stride and a groove, yeah, it's a sense of freedom for me and empowerment."

**MAGDA BOULET**

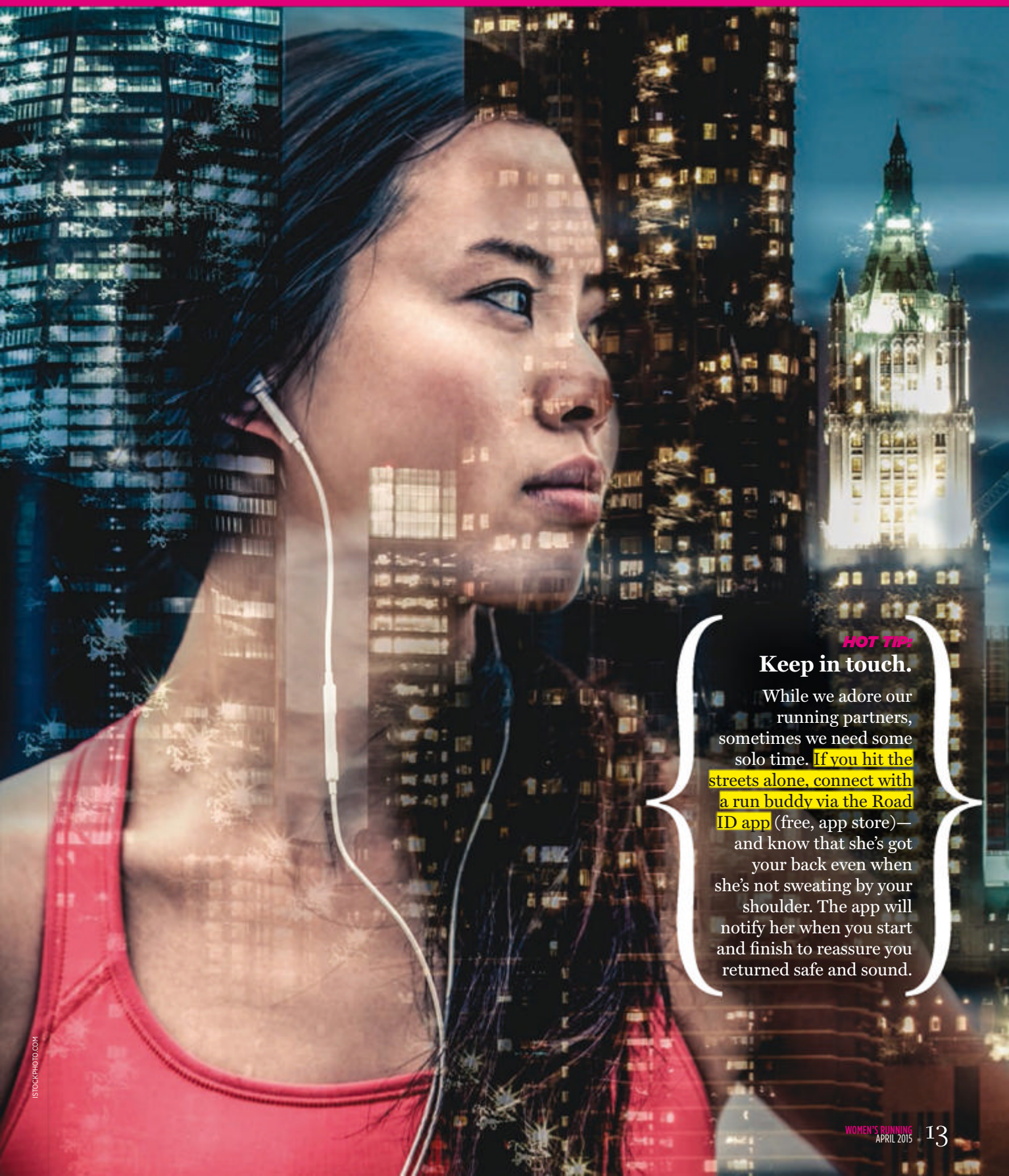
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2014 USATF 50 MILE TRAIL CHAMPION  
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**HOT TIP:****Keep in touch.**

While we adore our running partners, sometimes we need some solo time. **If you hit the streets alone, connect with a run buddy via the Road ID app** (free, app store)—and know that she's got your back even when she's not sweating by your shoulder. The app will notify her when you start and finish to reassure you returned safe and sound.





**BLOGGER  
ON THE  
RUN**

## Once in a Mile

By Beth Isaac, New York City

"Running has forever changed my life. It's propelled me outside my comfort zone. Running has taught me that anything is possible. It has made me look fear in the face and learn how to go after things even when—or especially when—they scare me. Running has taught me that I'd rather try and fail than wonder, *What if?* Running makes me feel strong, mentally and physically. I'm the best version of myself when I'm training for a race."

### Beth's Faves...

#### Most inspiring runner

My sweet friend Kara. She became an Ironman last summer. She's relatable, humble and extremely thoughtful.

#### Race

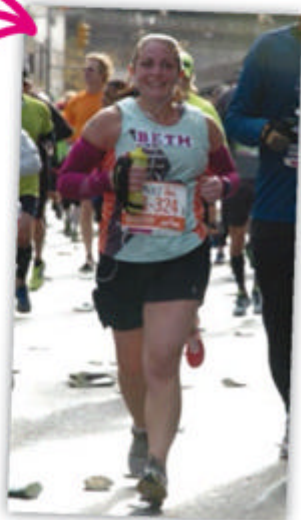
The 2013 New York City Marathon. It was my first marathon. It was the hardest thing I've ever done and one of the best days of my life.

#### Run bottoms

Oiselle's Long Rogas

#### Song to run to

Currently, "Black Widow" by Iggy Azalea. But "Empire State of Mind" (Jay-Z, featuring Alicia Keys) goes on every playlist.



We heart runner blogs—check out our must-reads at [womensrunning.com!](http://womensrunning.com!)

## Pro Words

@HastyHastings

A proper lady always has the essentials tucked away in her purse.

#AmysSchoolOfEtiquette



We're Social  
Butterflies...



Women's Running



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Women's Running

Or email  
[editorial@womensrunning.com](mailto:editorial@womensrunning.com)  
with any burning q's!

## Q4U

@WomensRunning

Describe your first race  
in three words.

### TOP ANSWER...

@BethRoessner  
Muddy, bloody,  
awesome



## Tweets We <3



@krissymmurphy  
#runbrag! Ran 26.2,  
saw my pup at the  
finish line!



@FLGMessage  
#RunBrag Tucson  
Marathon, 12/7/14, 5th  
in age group 45-49,  
Boston Qualifier, so  
happy!



@Coach\_KarenW One  
more behind the scenes  
from the shoot with  
@WomensRunning.  
Such a great time!  
#runningmodelforaday  
#fitfluential

Did you love our special  
anti-aging issue in March?  
Tweet your thoughts

@womensrunning!

### YOU RE-TWEETED



@WomensRunning

What is the reason *you* went for a run  
today? 76 RTs, 123 Faves

## Pinup Girls

From our  
*Random  
Inspiration*  
board...  
Make time  
for yourself.



**You  
LIKED  
it!**



### Women's Running:

*You don't only run with your legs. You run with your heart everyday.*

7,560 Likes, 892 Shares



## Insta-Fame!



Getting lost on the course didn't stop **@andreathiemkey** from enjoying a beautiful post-run sky!



This year **@rebeccarunningms** will conquer all her run goals!



**@run\_happy\_dani** skipped Friday night shenanigans and hit the ground running the next morning with buds!



Congrats to **@zasha33** for braving the chill to tackle her winter/spring races!

Want to show off your **#TeamWR** spirit on our Social Life pages? Tag us in your Insta photos with that hashy!

Correction from March: **@matsui\_runs** completed the #NYC Marathon with the oldest runner in the field—at 91 years young.



## WOMEN'S RUNNING

*What's your favorite part about training for and running a marathon?*

### Debbie Sironen

Being able to walk when it's over.

### Jade Dominique Allen

I love the refueling afterwards!!! Food—oh yes!!

### Amy Welborn Hall

Time away from the kids and stress.

### Sonia Fernandez

The confidence when finishing a long training run that seemed impossible before running it.

### Brenda Clay Roach

Training and running the race with my girls! The whole experience we shared was unforgettable and life changing for me!

### Molly Smith

I will find out in June when I start training for my first full marathon in October! It is pretty exciting!

Good luck, Molly! You will kill it!



## AROUND WR

Editor **@caitpilk** punched her ticket to Boston at the **#CarlsbadMarathon** this year!  
*Congrats, Caitlyn!*



WR staffers **@nchristenson** and **@ellierunssd** put in some **#stronger** work during a CrossFit class.  
*Way to go, ladies!*



14:42

Molly Huddle's American record for the fastest 5K run on the track.

Fastest marathon time by a woman 90 years or older, at the 2014 Rock 'n' Roll San Diego Marathon by 91-year-old Harriette Thompson. Sorry, Gladys! ;)

7:07:42



Check out these amazing records to fuel the finish-line kick at your next race!

4:12.56

Russian Svetlana Masterkova's world record for the mile.

2:15:25 

PAULA RADCLIFFE'S WORLD RECORD FOR FASTEST MARATHON, SET AT THE LONDON MARATHON IN 2003.



1:09:36

Masters world record (aka age 40+) for the half marathon set by 41-year-old Deena Kastor at the Rock 'n' Roll Philadelphia Half Marathon in 2014.

200.66 MILES

THE LONGEST DISTANCE RUN ON A TREADMILL IN 48 HOURS BY A FEMALE. THE RECORD HOLDER IS KRISTINA PALTÉN OF SWEDEN.

6:28.6 2:12:01

Women's beer mile world record held by Chris Kimbrough, a 44-year-old mother of six.

Beer mile = 4 x 400m + 4 beers!



The length of time Eva Bulzomi of Boise, Idaho, held a plank to earn the new Guinness World Record.

NINETY-TWO

Age of Gladys Burrill when she ran the 2010 Honolulu Marathon, becoming the oldest woman to complete a 26.2-miler.

# BREAKING THROUGH PLATEAUS

TRADE SECRETS FOR IMPROVING SPEED AND ENDURANCE

BY MARK HANSEN



**R**unners have long sought ways to improve their performance through nutritional supplements and creative training strategies. Some athletes have gone as far as using synthetic drugs and blood doping to gain an advantage. A new, controversial supplement is giving runners EPO-like effects and helping them achieve the “edge” they are always looking for.

The product is EPO-BOOST® - an all natural supplement developed by U.S. based Biomedical Research Laboratories. EPO is industry shorthand for erythropoietin, a hormone produced by the kidneys that regulates red blood cell (RBC) production.

Increasing red blood cell production has long been the focus of competitive athletes due to the impact that RBC levels have on oxygen intake and utilization. The greater the red blood cell production, the greater the body's ability to absorb oxygen, which in turn gives an athlete more strength and endurance. Strength and endurance are precious resources to any athlete. Thus competitive athletes have tried various techniques to gain an advantage by increasing EPO and RBC levels.

Traditional techniques for boosting RBC levels include synthetic drugs and blood doping. These practices are both dangerous and banned by organized sports associations. The makers of EPO-BOOST® claim that their patent-pending formula is all-natural and is clinically proven to safely increase erythropoietin levels, resulting in greater strength and endurance.

The scientific evidence behind EPO-BOOST® does seem to be compelling. A 28-day double-blind placebo-controlled clinical trial, performed by Dr. Whitehead from the Department of Health and Human Performance at Northwestern State University, showed that the ingredients found in EPO-BOOST increased EPO production

by over 90% compared to the group taking the placebo.<sup>1</sup> The supplement group also showed dramatic improvements in athletic performance (as measured by VO2max and running economy).

Since its release, competitive athletes have raved about this new supplement, which offers all the benefits of greater EPO levels with none of the dangerous side effects or legal trouble. Adriana Nelson Pirtea, World Half-Marathon Champion, used EPO-BOOST® in her preparation for the 2014 season. Adriana stated, “I have been using TriFuel and EPO-BOOST for the past two years and I feel a huge difference in my training and races. I start out being more focused and alert during my training. For me, it is important that everything I put in my body is simple, clean and effective. I’ve tried other products before, and most of them gave me discomfort during training. BRL Sports supplements are simple the best.”

Adriana is not alone in her praise of the product. Nuta Olaru, who took 1st in the Big Sur International Marathon in 2013 and finished 3rd in the Boston Marathon, used EPO-BOOST® in her preparation for the season. Nuta stated, “I was introduced to EPO-BOOST a few months ago and I am extremely pleased with the results so far. I feel like TriFuel and EPO-BOOST had a great impact on my recovery and kept me focused during the races as well as in between the races. Thank you for making such great and clean supplements.”

Not everyone is so endeared to the product. Several athletes have said the supplement gives some athletes an unfair advantage. They describe the performance improvements as “unnatural” and pointed to athletes from cycling and long distance running as evidence that people are catching onto the supplement and using it for a competitive advantage.

A company spokesman, speaking off the record, admitted that the product doesn't work overnight and that most athletes won't see the extreme performance enhancements for a few weeks. In a world infatuated with instant success, that kind of realistic admission might cost some sales but is likely to keep customers happy.

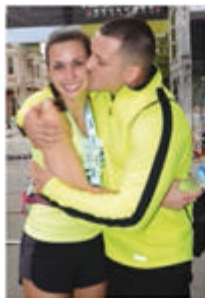
It's no secret that in order to reach your peak performance, you must make exercise and training an integral part of your daily life. However, you'll have a much easier time achieving your fullest potential by integrating EPO-BOOST® into your daily routine. This product could be the “edge” you have been looking for.

Any athlete can use EPO-BOOST® without a prescription and without changing a diet or exercise regimen. The company offers an unparalleled guarantee. Athletes can use the product for a full 90 days and if not completely satisfied, send back whatever product is remaining - even an empty bottle - and get a ‘no questions asked’ refund.

Biomedical Research Laboratories accepts orders at [www.EPOBOOST.com](http://www.EPOBOOST.com). A company spokesman confirmed a special offer: if you order this month, you'll receive free enrollment into the company's Elite Athlete Club where you'll qualify to receive a full 25% discount on all your bottles of EPO-BOOST®. And so you don't go a day without EPO-BOOST® in your system - increasing your endurance, you'll automatically receive a fresh bottle every 30-days and your credit card will be billed the Elite Athlete Club Member Price of \$44.95 plus S/H - not the \$59.95 fee non-members have to pay. There are no minimum amounts of bottles to buy and you can cancel at any time. Visit [www.EPOBOOST.com](http://www.EPOBOOST.com) or call 1-800-780-4331 to order today.

<sup>1</sup>Whitehead et al. Int J Sport Nutr Exerc Metab, 17(2007): 378-9.



**HALEY AYURE**

Age: 28  
Tampa, FL

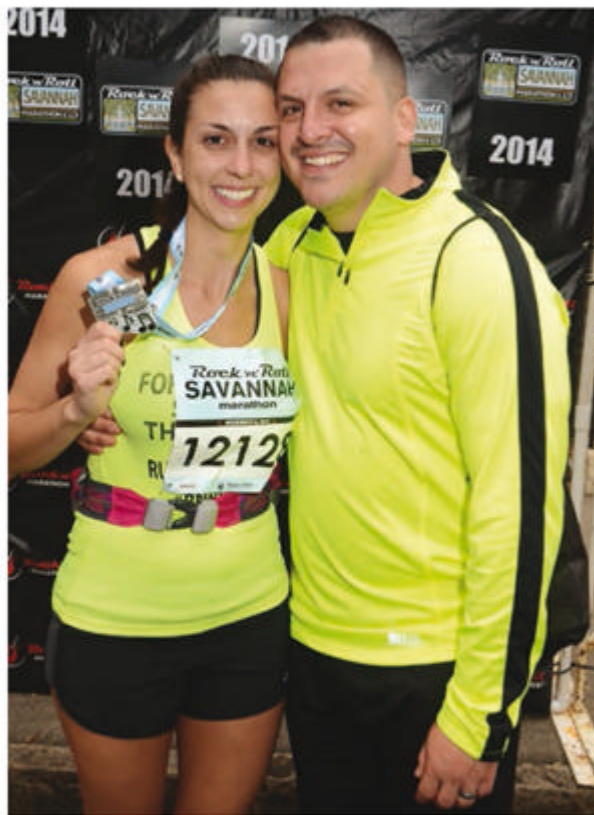
**RUNNING A MARATHON HAS BEEN ON MY BUCKET LIST FOREVER.**

I've always been attracted to longer distances because of the discipline it requires and the opportunity it allows to be alone with your thoughts. So when my best friend asked me to run the Rock 'n' Roll Savannah Marathon with her this past fall, I signed up and we began training.

I followed my training plan religiously and, when I got to the big 20-mile-long run, I was anxious to see how I would fare. I finished

**I LEARNED that sometimes the most beautiful moments come from times when you have to slow down. Like most other women, I'm busy, stressed and quite the perfectionist. I don't always have to be running (literally and figuratively) to achieve. Slowing down and allowing someone to walk alongside you can be the most rewarding win—even when you "lose."**

# I finished my first marathon in last place, but felt like I'd won!



that run feeling strong and confident that I could—and would—make it through the 26.2-mile race.

But everything changed the following week during my 12-mile taper run. I tweaked my knee and ended up injuring it to the point where I had to see a physical therapist. I spent the remaining weeks going to rehab in hopes that the joint would heal quickly.

On race day I lined up beside my best friend, not sure what the next few hours would hold. My knee was in pain from the start and by mile 13, the swelling made it difficult to run. I felt like my body was failing me and

I was only halfway through the race. At that point I was on a stretch of the course that ran along a highway, feeling cold and lonely as I realized I'd have to walk if I wanted to finish. I wasn't sure that I could do that alone. Luckily, I had my phone with me and was able to call my husband, who had been waiting at the finish.

At that point it would have been much easier for me to quit, but I couldn't give up on myself. I walked from mile 13 to 20, hoping at each mile to find my husband. Finally at mile 20, he came on the



course with me. Hand-in-hand, we hobbled the final 6 miles together and lost sight of everyone around us (even the police brigade that followed patiently behind!). Just before the finish, my husband let go of my hand and I crossed the line alone to complete my first marathon. The band played one last song for me as I soaked in the fact that I accomplished my goal.



**LAINE SEFICK**

Age: 26

Rochester, NY

# I finished in first and scored a 30-minute personal record in my second marathon!

## MY FOURTH-GRADE GYM TEACHER WAS THE FIRST PERSON TO SEE ME AS A RUNNER.

When I consistently beat all of the boys in the timed mile race, he hooked me up with a local run coach who encouraged me to run a charity race in my town. I soon got my first pair of real running sneakers and began my adventure as a runner.

I raced through high school and college—but one of the best running days of my life was my second marathon.

I ran my first marathon in 2010. I finished in 3:31:26. It was a great experience, but I thought I had potential to run a bit faster and was eager to try again.

I signed up for the Rochester Marathon but didn't have quite enough time to train properly. Two weeks prior to race day, I felt extremely burned out. I doubted my ability to meet my goal of a 3:10. I had no plans to run competitively—all I wanted to do was finish.

But when race morning came, my legs felt incredible. I started the marathon with a relatively conservative 7:10 minute-per-mile pace. When I reached mile 7, a spectator yelled, "You're in sixth place!" It hadn't occurred to me before that point that I could place at all, but since I was feeling great I decided to



push my pace and see what my legs could give. I started picking off other female runners and passing them one at a time, until I finally passed the lead woman at mile 18.

I ran into first place—if I could hold that position I would win! With my legs still feeling strong, I continued testing myself. Each mile I was able to run faster than the one before. When I got to mile 25, I knew there was a possibility I could finish

**I LEARNED** that believing in my ability and knowing that there's always something left to give is rewarding. Sticking with a training plan, resting properly and following a taper are key—but you can't be afraid to see what you're made of during the race. Give the run everything you have and you'll leave with no regrets!

in under 3 hours, so I told myself to give everything I had. I ran my final mile in only 6 minutes and

crossed the finish line as the female winner, with a time of 2:59:36—a 30-minute personal record! **WRP**



# Time Out

Our Marathon Maniac realizes that she can't always keep up the pace.

By Danielle Cempola

**"THIS IS STUPID. I HATE THIS. THIS IS STUPID. I HATE THIS."**

Over and over again, those two sentences rolled through my mind for the last, oh, 13 miles of my most recent marathon. I could almost taste the bitterness in every breath as I made my way toward the finish—a line I wasn't even sure I cared to cross.


Like every runner, I've had plenty of bad races. I've thought less-than-honorable things about my beloved marathons before while running, but that feeling has always evaporated as soon as I've finished. I've never doubted that the training and the miles were worth it, but this time, I did. This time was different.

Immediately after crossing the line, I still thought the race was stupid and I still hated it. A week later, I felt the same way. And a week after *that*, I put myself in time out. My negative thoughts and feelings toward running needed to be evaluated.

When I started training for my first marathon five years ago, I had no idea what a big part of my life running and fitness would become. You might say I've become a woman possessed; for a while there, it was challenging for me to have a conversation that didn't revolve around running in some form or fashion. Take a vacation? Only for a marathon! Go home to visit my family for the holidays? A turkey trot better be involved. (Yes, I was *very* pleasant to be around.) The fact that I met my now-husband at a time in my life when I traveled for races nearly every weekend is nothing short of miraculous.

I realized there hasn't been a day since I started running that my life hasn't revolved around training and racing. Even during the long stretches where I've been injured, I've been plotting my comeback, cross-training like a crazy person and mapping out which states to conquer next. All of that self-imposed pressure came to a head in my last marathon, and the results were ugly.

At one time running was an activity that helped me *relieve* stress—but somewhere along the way, it started to cause it. That's no one's fault but my own. Running deserves better, and so do I.

I'm re-evaluating everything about the sport, from where and when I run to what I eat before a long run, from what type of training program I use to what distance I race. If I feel like it, I might complete my entire training cycle (yes, four full months) without ever wearing my Garmin. When I get my groove back, I hope the reunion will be even sweeter. 



## STAY FRESH

*I had to learn this lesson the hard way, but you can avoid becoming a burnout victim by following these tips...*



**1 BE HONEST WITH YOURSELF:** If you tend to obsess over things, look for the first signs of unhealthy behavior and nip it in the bud.

**2 HAVE AN OFFSEASON:** After a big race—or whenever you feel like you need to—take a few weeks or months to relax and focus on other forms of fitness. Running will be more fun when you start up again.

**3 DON'T OVER-PROGRAM:** It may seem like everyone is running 50 races a year, but you don't have to. Pick events that excite you and work with your schedule.

Danielle Cempola lives in South Carolina with her husband and Rottweiler. When she's not running, Danielle blogs at [trexrunner.com](http://trexrunner.com).

# My BIGGEST Fan

By Emily Polachek

## THE COUPLE THAT RUNS TOGETHER STAYS TOGETHER...

In 2002 Shari Goettel found out she had multiple sclerosis (MS). The sudden illness infuriated the otherwise healthy resident of Tucson, Ariz. To manage her stress and frustration, Cathy, her wife of 25 years, encouraged Shari to begin running.

Cathy, a grants management consultant and longtime runner, had always believed in Shari's capacity to run regardless of the MS. "Cathy encouraged me every step of the way," Shari says. "She would tell me, 'I wish you could see yourself as I see you. I see a runner.'"

With Cathy right beside her, Shari ran. She continued running after she was diagnosed with breast cancer in 2005—and even ran throughout her radiation treatments. Despite the pain, Shari ran as often as she could, and on days the 51-year-old therapist couldn't run, Cathy ran for her.



## Who's your biggest fan?

Email your submission to [editorial@womensrunning.com](mailto:editorial@womensrunning.com)! Featured entries win some sweet WR swag and a free subscription (or renewal) for you and your fan!

Exactly one year after Shari's breast cancer diagnosis, she ran her first 5K, a Susan G. Komen race. Cathy ran with Shari but pulled back as they approached the finish line to let Shari beat her!

Since then the couple has worked their way up to half marathons, and Shari has placed second in the Susan G. Komen 5K survivor category twice. Her goal is to place first this year with Cathy by her side. 🍷



## MOTIVATION IN MOTION

*"Give a girl the right shoes and she can conquer the world."*

—Bette Midler

## SIGN OF THE MONTH

WR editor @empolachek cheers fellow editor @caitpilk with a reference to "Mean Girls" at the Carlsbad Marathon.



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# thank you napping wingman

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Adrenaline GTS 15



# TRAINING / LACE UP

**HOT TIP:**

**Everyone's doing it.**

The half marathon continues to reign as Miss Popular in a class of race options. According to Running USA's 2014 Women's National Runner Survey, **more than 80 percent(!) of female runners aspired to test out a 13.1-miler.** The summer months host a slew of race options across the country—now is a perfect time to dust off that training plan!





\* | This crop of running shoes makes us feel fit, fast and fabulous (like our Olympian cover model)!

Ever since I ran the San Diego Zoo's Safari Park 10K last year, I've been partial to wearing the **Mizuno Wave Sayonara 2** (\$120, [mizunousa.com](http://mizunousa.com)) for races. Officially a neutral shoe, these have great cushioning and a nice, snug fit through the heel and midfoot. The third edition will be out later this year—perhaps those will give me cheetah speed! —*Nicki Miller, managing editor*

The **Adidas Adizero Adios Boost 2** (\$140, [adidas.com](http://adidas.com)) is the platonic ideal of a long-distance racing shoe—for my feet anyway. The structure is light without feeling barebones, the sole is rigid without seeming stiff and the flat, fibrous laces stay tied all the way to the finish. —*Jessie Sebor, editor in chief*

Light but still with plenty of cushion, the **Hoka One One Clifton** (\$110, [hokaoneone.com](http://hokaoneone.com)) is my long-run trainer and may be my new half-marathon shoe. The fit is somewhat unique with a heel-hugging collar and ample room in the toe box. —*Scott Draper, photo editor*

Falling down sucks, especially during a race. But thanks to the burly tread on the **ASICS Gel-Fuji Runnegade** (\$100, [asicsamerica.com](http://asicsamerica.com)), I can keep my feet on the ground and tackle rocks, roots and mud with confidence. They even have a sweet sock-style liner to keep grit away from my tootsies!

—*Allison Pattillo, gear editor*

After suffering through many runs where my toes would go numb, I finally found a shoe my feet love. The **Nike Free Flyknit 3.0** (\$140, [nikerunning.com](http://nikerunning.com)) allows my feet to move in all directions, thereby preventing numbness. And the best part—NO socks needed. I just slip these on, and out I go! —*Erin Douglas, art director*

The big question before my first marathon: Which shoe will I wear? After testing a handful of eligible candidates, I landed on the new **Brooks Launch 2** (\$100, [brooksrunning.com](http://brooksrunning.com)). The lightweight feel and pleasantly snug fit make my stride seem effortless, plus the enhanced upper makes it much more breathable than other Brooks models I've raced in before. Bonus points for the great lacing system that stays put while you move. —*Caitlyn Pilkington, associate editor*





\* | NCAA runner turned high school coach  
**Hillary Kigar** has an answer for all things training!

Q

**How can I keep my nerves and excitement from making me go out too fast during a race? Are there any tricks?**

It can be hard to keep calm and go at your own pace when everyone around you seems to sprint as soon as the gun goes off! At the start line there are often pace groups. Find your appropriate group so that you are in a pack with others who will be running around your goal pace from the beginning. Additionally, while it may seem silly, practice starting a normal run or a workout by saying, “Runners, take your marks, set, go!” in your head and start the run at an appropriate, but not too excited, pace. With more experience and races under your belt, I bet you will find that you end up passing most of those eager rabbits who started off so quickly.



**When I was younger I used to run 7-minute miles in cross country. Is it possible to get back to that? Currently I'm at 9:30 pace.**

Sounds like you were really moving in high school! Most likely your daily life—and your body—is in a different place now than when you were in high school, so it's important to be realistic with your goals. With consistent and incremental adjustments to your training, you can definitely improve on your pace, but remember not to get too aggressive with changes to your training. Too much too soon leads to injury and setbacks. And that is no fun at all!

**I'm a new runner. When running, should I be trying to bounce or sort of glide?**

The best answer is that it is

somewhere in between both of those motions. You want to try to divide your energy between pushing forward laterally while simultaneously pushing up vertically off of the ground. Run down the block and have a friend watch you. Tell her to check if 1) the level of your head stays the same with no real “bounce” and 2) your feet come up slightly above your ankles with each step, but not as high as your knees. It can also be helpful to go on YouTube and watch clips of professional runners at races. Pay attention to their body mechanics and what they do with their upper body as well as their legs. 🍷

Have a question for Coach Kigar? Email [editorial@womensrunning.com](mailto:editorial@womensrunning.com) or tweet @womensrunning with the hashtag #AsktheCoach.



## SHOE GAMES

*Time to up yours...*

Running shoes are by far the most important piece of running equipment. A number of minor running-related injuries can be traced back to your footwear. Take the time to go to a quality running specialty store and have a sales associate assist you in finding the right shoe that fits your foot and supports your running mechanics. Don't forget to replace your shoes every 300 miles (or every 3 to 4 months). Your shoes support you, so support them too!



\* | Etiquette expert **Lizzie Post**, great-great-granddaughter of Emily Post, knows a thing or two about the rules of the road—and the descendant of the famous decorum diva is a runner too!



**I met my ex-boyfriend in my running group. We broke up and are on okay terms, but the workouts are getting awkward. Who gets the run club in the split?  
I was a member first!**

I'm a big fan of "first come, first served." I would say that you get the running group, however, the reality is that if it's a public group, it's very hard to tactfully ask him to leave. Your best bet is to talk to him and find out if he understands the awkwardness you feel.

Try something like, "Nick, I'm glad we've been able to keep things friendly, but I'm starting to feel awkward about \_\_\_\_\_ when it comes to the run club. It's enough to make me wonder if you'd be willing to switch groups or help find a solution that works for both of us." Maybe the running group isn't as important to him, or you can split group workouts by alternating. Either way, getting it out in the open (gently) will get the ball rolling toward a solution.

**I like to run races to raise money for charity. How often can I hit up friends and family for donations without seeming rude?**

This is a tough one, but



kudos to you for making running something that benefits you AND others! I think it's best to talk to the people you reach out to the most about the charity runs that you do, and get their buy-in for you to approach them regularly about contributing. "Sara, thank you so much for supporting me in my last charity run. I do them frequently. Is it okay to ask you again when my next charity run comes along? I know you may not be able to contribute each time, but every little bit helps, and I just don't want to over ask." And for people who do

want to support you each time you run, let them know that you understand if their donation can't be the same amount each time. You can also try rotating whom you ask to contribute when.

**When is it appropriate to spit or snot rocket when running? (Sorry, I'm gross!)**

I deal with this EVERY run! It is okay to spit when you run. It's just how you do it that matters. Spit to the side of the path, trail, road or sidewalk where you're running, since it's courteous to others whose feet come

after yours. Also pay attention to the wind: You don't want to spit to the side only to have a strong gust cause it to hit or spray on someone nearby. Give a glance around so you can avoid anyone close to you at the time you need to spit. Either step to the side or create some distance.

I'm still waiting for someone to design a wristlet or a long-sleeved shirt that has a little Kleenex pocket in the wrist, so that you can easily blow your nose rather

than have to shoot a snot rocket—something my boy cousins on the Post side of my family never taught me to master. But the same advice goes for snot rockets: Just try to be discreet and keep it away from others. **WR**

**Have a question for Lizzie?**

Email [editorial@womensrunning.com](mailto:editorial@womensrunning.com) or tweet [@womensrunning](https://twitter.com/womensrunning) with the hashtag **#ProperForm**.



# What's the proper way to run over hills during races?

Andrew Kastor, official coach of the ASICS LA Marathon, has worked with dozens of athletes, from beginners to Olympic marathoners (like his wife, Deena), and offers his expert advice.

## POSITIVE THINKING

Kastor explains a trick he uses personally: "I tell myself, 'I like hills. Hills are my friend. I'm a strong hill runner.'" Positive self-talk prevents defeatism that can creep into performance.

ETIQUETTE & DOING IT RIGHT

### MINDSET

"The biggest mistake I see is that people try to charge hills because they think they have to maintain their pace," says Kastor. His number-one tip is to exert the same effort while running up and down a hill—aka slowing down significantly on the incline and accelerating on the descent.

### EASY APPROACH

When you see a hill coming, don't psych yourself out. Keep a steady pace until you're right at the base or "when the incline reaches 1 percent."

### LISTEN UP

As you start to climb, listen to your breathing and stay in touch with your heart rate. Slow your pace to keep these under control and take walk breaks as needed.

### TWEAK YOUR FORM

"You'll be able to take in more oxygen with your eyes and head up. Posture is a huge component." Kastor tells his athletes to shorten their gait and increase stride frequency as the incline climbs. Keep your shoulders pressed back and your eyes on the horizon. Lean into the hill slightly and your arms should drive forward and back (not across the body).

### MIND THE GRADE

"If the hill is very steep, there may be a point where getting up on the tiptoes will facilitate a quicker stride," explains Kastor. However, if the incline isn't ladder-like, keep your push-off and footfall the same as if you were running on flat ground.

### CREST TIME

It can be easy to let the weight of your effort crush you as you reach the top. Instead, "celebrate it as a victory to get a little emotional boost."

### GET DOWN

As you start the descent, relish in that sweet, sweet gravity. Open up your stride and keep a quick turnover in the legs. This is your opportunity to make up for the time you lost.

### 90 DEGREES

"You want to be perpendicular to the hill," says Kastor, who warns against leaning or arching back as you descend. Focus your gaze about 30 feet in front of you. He adds, "It's really important to land softly and quietly to minimize muscle damage."

### CARRY ON

As you reach the end of the downhill, take that extra bit of speed you built up and keep cruising on the flats. Kastor advises, "Try to carry your momentum you worked so hard for, and use that for another quarter or half mile."

### GAME FACE

Smile with the thought that you chewed through the hill and embrace the next incline when it comes into view.



LACE UP

STRIDE STRONG

# Brink of Disaster

*Are you a workout away from an overtraining injury?*

By Susan Lacke



ILLUSTRATION BY  
ISABELLE CARDINAL

## "THERE'S A THIN LINE BETWEEN TRAINING AND OVERTRAINING," says

Steve Magness, cross-country coach at the University of Houston and author of *The Science of Running*. "We want to stay on the right side of the line, where we are pushing hard but are still able to bounce back and recover." How do you know if you're on the brink of a breakdown—or simply having a bad day? Check out our guide to spotting red flags to stay off the ledge and on the trails.

### RED FLAG #1:

#### • "Why am I so tired?"

It's perfectly normal to be fatigued after a hard workout, but if that feeling lingers for several days, your chances of injury rise exponentially. In the initial stages of overtraining, sluggishness, moodiness and lethargy are your body's way of telling you something's up. Rest!

### RED FLAG #2:

#### • "Hmm...that feels odd."

Overtraining injuries don't happen overnight, but runners are good at ignoring their symptoms, according to Dr. David Geier, an orthopedic surgeon and sports medicine specialist in Charleston, S.C. "A runner usually notices a small pain in a single location that comes on early in a run," says Geier. "She should pay attention to this pain and not try to train through it."

### RED FLAG #3:

#### • "It hurts when I'm not even running."

"With training we might get general soreness that's kind of diffuse. With actual injuries, it

becomes pinpointed to an area," says Magness. "If symptoms persist and almost become the new normal, then we have an issue." Often, rest, low-intensity exercise (like swimming or yoga) and recovery treatments, such as ice or massage, can put a runner back on the right track, says Geier. If rest fails to resolve the pain, or if the pain increases, it can be a good idea to see a doctor.

## HAVE THESE SYMPTOMS? YOU'VE OVERTRAINED.

*If it feels like...* pain in the back of the thigh with explosive movements (sprinting, jumping).

*It could be...* a hamstring strain. Your hamstrings are fairly elastic, but they need to get extra stretchy before training. Repeated running without proper warm-up is a no-no.

*Doctor's orders:* Ice, ice, baby! Most hamstring strains heal on their own with time and rest, but ice can speed up the process by decreasing inflammation. When you're back in action, warm up before every run with active stretching.

*If it feels like...* pain in front of the knee, especially while going up and down stairs or running hills.

*It could be...* patellofemoral pain syndrome, also known as "runner's knee." Every time you bend your knee, the patella (kneecap) glides. When the bones in your leg are not lined up ideally, abnormal tracking can lead to accelerated wear between bones.

## RISK FACTORS

ACCORDING TO THE AMERICAN ORTHOPAEDIC SOCIETY FOR SPORTS MEDICINE, RUNNERS ARE MOST VULNERABLE TO OVERUSE INJURIES...

- ▶ DURING THE INITIAL FOUR TO SIX MONTHS OF RUNNING
- ▶ UPON RETURNING TO RUNNING AFTER AN INJURY
- ▶ WHEN MILEAGE GOES UP
- ▶ WHEN MORE SPEED WORK IS PERFORMED

*Doctor's orders:* For mild cases, taping or a brace can help keep the patella in line. More severe cases require exercises from a physical therapist to help prevent the knee from collapsing inward.

*If it feels like...* a snapping sensation on the outside of the knee.

*It could be...* iliotibial (IT) band syndrome, a catchall name for inflammation in the tissue running from your hip to your knee.

*Doctor's orders:* IT band syndrome can be caused by a lot of things, such as weak hip muscles and poor running form and can be as easy to fix as foam rolling or starting a strength-training regimen. Consult with a specialist to pinpoint the cause, so you'll make the right steps to keep symptoms from returning.

*If it feels like...* pain on the bottom of the foot, especially when you step out of bed in the morning.


*It could be...* plantar fasciitis, typically caused by fallen arches. Without

good arch support, the connective tissue at the bottom of your foot can become overloaded when you run.

*Doctor's orders:* Though painful, plantar fasciitis can be managed well with rest, stretching and a change in footwear. Consult a doctor or physical therapist for the best shoes or inserts for you.

*If it feels like...* pain in a specific location, like the top of the foot, that comes on earlier in a run and doesn't go away.

*It could be...* a tiny crack in the surface of the bone, known as a stress fracture. According to Geier, females are thought to be more prone to stress fractures due to lower bone density.

*Doctor's orders:* Stop what you're doing and get to your doctor, NOW! Continuing to run (or, in some cases, even walk) on a stress fracture can cause it to progress into a true bone fracture, requiring casts, crutches and even surgery. 

## 4 WAYS TO STAY INJURY-FREE

**Be Consistent.** Large fluctuations in training give the body problems.

**Progress Gradually.** Most injuries come from doing too much, too soon, so add mileage and intensity slowly.

**Prehab.** We all have weak areas, so start some targeted strength training before they become problem areas.

**Recover.** Don't be afraid to venture away from your schedule and give yourself an extra easy day or two, especially if you see the red flags. Your body will thank you!



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# NUTRITION / FUEL UP



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Peanut butter (2 Tbsp.) on  
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## INSTAGRAMS

This is what 68g of protein looks like—enough for a 135-pound runner.

### HOT TIP:

#### Calculate your protein.

To stay strong and lean for decades, the Center for Science in the Public Interest recommends eating enough protein to help fight “sarcopenia”—the natural loss of muscle tissue as we age. **Divide your total weight in pounds in half and eat that many grams of protein each day.** Try an app like MyFitnessPal (free, [myfitnesspal.com](http://myfitnesspal.com)), if you want to outsource the tallying.

LUNCH:  
Top your salad with  
a hard-boiled egg, 6g



SNACK:  
Edamame  
(½ cup  
shelled), 8g

DINNER:  
Chicken (4oz) and  
veggie stir-fry, 34g





1. Isn't it annoying to carry a bottle for hours while running? Nope! I always have this guy on hand (literally) when I head out for double-digit miles. The ergonomic shape of the **FuelBelt Helium 10 oz. Sprint** (\$15, [fuelbelt.com](http://fuelbelt.com)) prevents grip fatigue, and the pouch is big enough to stash extra fuel.

—Jessie Sebor, *editor in chief*

2. Ever since my adventure-racing days, I have always preferred a **Camelbak Dart** (\$70, [camelbak.com](http://camelbak.com)) for long-run hydration. You slip the light pack on your back and you are off! No fussing with bottles or caps to open, you simply put the mouthpiece between your lips, bite down and suck. Water stays cold for up to three hours, and there's no leaking mess. I can also carry my keys and phone in the zippered case.

—Erin Douglas, *art director*

3. Wearing an extra belt to carry your on-the-run stuff and having it jiggle with every step or slide up and down will drive you bonkers. I didn't even need to run with the **FlipBelt** (\$29, [flipbelt.com](http://flipbelt.com)) when I first tried it on to know it would be different. It's snug but not too tight, and you can choose to put your goodies anywhere around the band. My racing chews were easily accessible, but my phone was securely stored inside.

—Nicki Miller, *managing editor*

4. The first handheld I ever used was a small Nathan bottle left in my car by my best friend. After discovering how beneficial this little hydration buddy was, I decided to upgrade to the **Nathan QuickDraw Plus Insulated** (\$25, [nathansports.com](http://nathansports.com)) as I increased my weekly mileage. It's easy to slide onto your hand. You don't even really hold it—just comfortably wrap your fingers around it and keep moving with 20 ounces of fuel by your side. Plus I felt like a badass on the trails when I took quick sips while charging up a hill.

—Caitlyn Pilkington, *associate editor*

1.



2.



3.



4.





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FROM DEVELOPING HEALTHY SNACKS TO HEADING RESTAURANTS, THESE RUNNERS ARE SPREADING THE IDEA OF PUTTING GOOD STUFF IN YOUR BODY. SO WHAT DO THEY PUT IN THEIRS?

# Fast



**Jerri Graham**  
**Nothin' But Foods**  
Westport, CT

As the founder and chief visionary officer, Graham develops healthy snack bars and granola cookies. "When I was a teen I weighed in at 325 pounds, and in my 20s I was an active bulimic. I woke up at the age of 42 and realized that this was it—I wasn't going to magically wake up in another body," she says. "It was only when I started making physical fitness a part of my story did it all start to click." A walker/runner, she's working toward her first 5K.

*A day in the life...*

- **Breakfast:** Egg, avocado and an apple
- **Snack:** Granola cookies (of course, I eat my own)
- **Workout:** Run/walk a 3-mile hilly loop in my neighborhood
- **Lunch:** Salad with a combo of greens, cucumber, red onion, tomatoes and goat cheese, along with crispy oven-roasted green beans
- **Snack:** Banana
- **Dinner:** Another salad like lunchtime's, plus edamame, tofu and cooked spinach



**Hillary Lewis**  
**Lumi Juice**  
Charlottesville, VA

Her line of organic, cold-pressed beverages—the name of which derives from "Love you. Mean it."—is available nationally. Lewis ran competitively on her high school track team and now runs for fitness about 30 minutes a day either on the treadmill or in the foothills of the Blue Ridge Mountains.

*A day in the life...*

- **Workout:** 90-minute yoga class followed by 30 minutes on the treadmill
- **Breakfast:** Lumi Minted Greens and instant oatmeal
- **Lunch:** Salad with avocado (I know I am going out to dinner tonight so I wanted to keep it light mid-day.)
- **Snacks:** You will always find me with almonds or a juice in my bag. It is important to snack throughout the day to keep the metabolism running efficiently.
- **Dinner:** Bibb salad with mustard dressing, a roll and lamb gnocchi—I also drank an Old Fashioned and a beer.

# Foodies



**Christina Tosi**  
Milk Bar  
New York City

The chef, founder and owner of the popular NYC-based bakery chain, known for its inventive sweets like Cereal Milk Soft Serve and Candy Bar Pie, used to race competitively. But with her busy business, now she focuses on 5- to 10-mile runs after a long day at the Bar. Tosi loves running over the bridges of Brooklyn.

#### *A day in the life...*

- **Breakfast:** Strong cup of coffee and a Compost Cookie from the Milk Bar kitchen
- **Morning bite:** Spoonful of batter from recipe testing the Cornbake from my new cookbook, *Milk Bar Life*, out in April
- **Late morning snack:** Tasting menu development samples like peanut butter, banana, and rosemary and salted caramel soft serve. A bite of our chocolate malt truffles too.
- **Lunch:** Green juice and small salad
- **Afternoon snack:** Bite of our Volcano (potato gratin, caramelized onions, pancetta, Benton's bacon, Gruyere cheese) and sparkling water
- **Workout:** Run 6 miles, then eat a banana and have a huge glass of water with an Emergen-C pack
- **Dinner:** Cheesy egg omelet with roasted vegetables and pan-seared sandwich meat. Cacao nib brittle for dessert with sparkling water.



**Devon Yanko**  
M.H. Bread and Butter  
San Anselmo, CA

A competitive runner sponsored by Oiselle, Yanko has run more than 20 marathons and 30 ultras since 2006, winning many, including the 2014 Rock 'n' Roll Seattle Marathon. Her day job is at the small bakery and café she runs with her husband, Nathan. She's been gluten intolerant her whole life and also can't eat dairy products or most nuts.

#### *A day in the life...*

- **Morning beverage:** Coffee with a little almond milk
- **Workout:** Run 12.8 miles with a friend
- **Breakfast:** Lots of water; shredded sweet potato topped with two eggs, 1/2 avocado and hot sauce
- **Lunch:** I raid our kitchen to make a salad between meetings: Arugula with pickled-mustard-seed vinaigrette, roasted trumpet mushrooms, pickled cauliflower and house-made pastrami. I drink kombucha (I used to make my own, but we have Lev's on tap).
- **Afternoon beverage:** We did a coffee tasting this afternoon, so I spent a few hours sipping on coffee and espresso. Needless to say, I had boundless energy for my evening shift.
- **Dinner:** While doing the evening bakery work, I put two plantains sliced (like chips) into one of our ovens to get golden and crispy. I enjoy that topped with hot sauce and a big salad with mixed organic greens, lemon roasted-garlic dressing that I whipped up, roasted adobo chicken, pickled red onions and sliced avocado.
- **Late-night snack:** Lots more water, after being in front of the hot oven, and a handful of mixed seeds

WHAT I REALLY EAT



# Eating for 26.2

We demystify your marathon weekend eats so you can rock your race with a full tank.

By Lauren Antonucci

## WHETHER YOU ARE TRAINING FOR YOUR FIRST OR 50TH MARATHON, fueling is always worth revisiting before you toe the line for 26.2.

After all the months of training, you want to ensure you give your body what it needs to carry you through the miles ahead. Whether you are the ultimate omnivore, have dietary restrictions or house a sensitive tummy, we have a plan to keep your engine firing through the finish.

### PRE-RACE DINNER

**Eat This:** Pasta with marinara sauce, topped with a generous helping of Parmesan cheese (or salt), or a plate of pancakes. Keep the veggies to a minimum this one night. A slice or two of bread or a cookie for dessert is fine.

**Why:** This meal, high in easily digested carbs and low in fiber, will keep your tummy happy. Be sure not to eat anything unfamiliar. More is not necessarily better; you should eat until comfortably full—not overstuffed.

**When:** Plan dinner on the early side, at least 2 to 3 hours before bedtime. You want to give your body time to digest and stock your muscles full of glycogen before you try to get some shut-eye.

### BEDTIME SNACK

**Eat and Drink This:** A small bowl of low-fiber cereal with milk, low-fat yogurt and a banana, or an energy bar. Drink 8 to 12 ounces of water.

**Why:** Never go to bed hungry on the eve of a marathon. A carb-rich snack will keep you full and promote a restful sleep.

**When:** Schedule your snack an hour to 30 minutes before you hit the sack.

### MARATHON MORNING

**Eat This:** Toast with peanut butter and a banana or oatmeal with raisins.

**Why:** Again, you want familiar, easily digestible carbs. You will likely still be half asleep when your alarm wakes you at 4:30 a.m., but start thinking about breakfast.

**When:** For early races, you may only be awake for 2 hours before you start running, so try to get breakfast in ASAP. For later starts, you will want to eat a staggered two-part breakfast: Eat the first half shortly after you wake up and the second 2 to 3 hours before your race start time.

### FINAL PRE-RACE FUEL

**Drink This:** Sports drink or pre-race carb-energy drink.

**Why:** This will provide you with a last bit of fuel to be used as soon as the gun goes off.

**When:** Enjoy this 5 to 10 minutes prior to race start.

### DURING THE RACE

**Drink and Eat This:** Sports drink; gels, energy chews or energy bars; and salt packets or electrolyte tablets.

**Why:** Fuel early and often to avoid issues associated with having an empty tank (feeling dizzy, lightheaded, hitting the wall and muscle cramping).

**When:** Every 15 to 20 min-







utes have 6 to 8 ounces of sports drink, and every 30 to 45 minutes eat your preferred gel, chews or bars. Add salt or electrolytes at least one or two times (around miles 10 and 20), or more if you are a salty sweater. Make sure you've practiced this fueling plan during your long runs so you don't run into any surprises on race day.

#### POST-RACE RECOVERY NUTRITION

**Drink and Eat This:** A recovery drink with at least 40 grams of carbs and 20 grams of protein. Plus, grab a turkey sandwich and fruit, if your race happens to serve that, or ask a friend to have this meal ready for you at the finish.

**Why:** What you consume in the hour post-race will greatly affect how you feel in the upcoming days. Do you want to fall into the 40 percent of marathoners who end up with a cold afterward or have enough energy to celebrate your race?! **When:** Once you have crossed the finish line and raised your arms in glory, you should begin thinking about recovery nutrition. Consider it your victory meal. Immediately begin consuming fluids.

#### GLUTEN-FREE?

Make these changes...

**PRE-RACE DINNER:** Choose gluten-free pasta, rice or potatoes.

**BEDTIME SNACK:** A bowl of gluten-free cereal or an energy bar, such as Luna.

**MARATHON MORNING:** Gluten-free oatmeal or bread with peanut butter.

**DURING THE RACE:** Both Gatorade and Powerade are certified GF to 20ppm, so they should

be safe for most. Accelerade is another option if you are willing to carry your own.

#### POST-RACE RECOVERY NUTRITION:

Chocolate milk and a banana immediately. Move on to a regular meal within two hours.



#### VEGAN?

Make these changes...

**PRE-RACE DINNER:** Top pre-race pasta with nutritional yeast.

**BEDTIME SNACK:** Use soy or hemp milk with cereal.

#### POST-RACE RECOVERY NUTRITION:

Choose a vegan-friendly recovery drink or make a smoothie with fresh fruits, hemp milk/vegan protein powder and a few tablespoons of nut butter.

#### PALEO?

Make these changes...

**PRE-RACE DINNER:** Get adequate pre-race carbs from an abundance of fruits and starchy veggies, such as beets, butternut squash, acorn squash and yams.

**BEDTIME SNACK:** Mango, banana and a handful of nuts.

**MARATHON MORNING:** Eggs and yams and easily digested fruits such as bananas.

**DURING THE RACE:** Most endurance athletes who follow this diet will take in sports drinks or straight glucose—your muscles need the immediate carb energy to carry you 26.2.

#### POST-RACE RECOVERY NUTRITION:

Stick with fruits and nuts at the finish and hightail it to brunch for some meat or eggs along with roasted veggies.

#### SENSITIVE STOMACH?

Make these changes...

**PRE-RACE DINNER:** Limit fiber intake the two days leading up

to the race. Avoid all veggies the night before, choose white pasta and bread (not whole wheat) and make sure all sauces you eat are familiar to you (no new recipes or restaurants for three whole days pre-marathon).

**BEDTIME SNACK:** Use a low-fiber cereal with rice or almond milk instead of cow's milk.

**MARATHON MORNING:** Choose white bread.

**DURING THE RACE:** You should know by (or well before) race day what does and does not work for your stomach. You will need fluids/carbs and salt—just like everyone else—and can likely use a combo of products. Make sure you've tried them many times before race day, to ensure your gut doesn't hold you back.



#### HOT WEATHER CONDITIONS?

Make these changes...

#### PRE-RACE DINNER OR BEDTIME SNACK:

Add a V8 juice to increase overall fluid and salt intake during the 24 hours prior to the race to ensure you are well-hydrated when you begin your run.

**MARATHON MORNING:** Drink 1 cup of broth.

**DURING THE RACE:** On very hot, humid days, blood flow and oxygen to the gut decrease as your body diverts energy to keeping the body cool. Because of this, most athletes should slightly decrease their total calories (but not fluid or salt) intake. Try to take in more fluids and extra salt/electrolytes.

#### POST-RACE RECOVERY NUTRITION:

Drink more broth to replenish lost salt.

LAUREN ANTONUCCI IS A REGISTERED DIETITIAN, SPORTS NUTRITIONIST AND DIRECTOR OF NUTRITION ENERGY IN NEW YORK CITY.





# 2015 WORLD TOUR

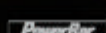
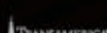
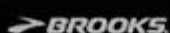
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**APR 25** NASHVILLE, TN  
**APR 26** MADRID, SPAIN  
**MAY 17** PORTLAND, OR  
**MAY 30-31** SAN DIEGO, CA  
**JUN 13** SEATTLE, WA  
**JUN 13-14** LIVERPOOL, ENGLAND  
**JUL 18-19** CHICAGO, IL  
**AUG 2** DUBLIN, IRELAND  
**SEP 5-6** VIRGINIA BEACH, VA  
**SEP 20** MONTREAL, CANADA  
**SEP 26-27** SAN JOSE, CA  
**OCT 18** DENVER, CO  
**OCT 18** LISBON, PORTUGAL  
**OCT 17-18** ST. LOUIS, MO

**OCT 25** LOS ANGELES, CA  
**OCT 24-25** VANCOUVER, CANADA  
**OCT 31** PHILADELPHIA, PA  
**OCT 31** MERIDA, MEXICO  
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**2016**  
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**FEB 28** NEW ORLEANS, LA  
**MAR 19** WASHINGTON D.C.  
**MAR 20** MEXICO CITY, MEXICO  
**MAR 19-20** DALLAS, TX  
**MAR 29** CARLSBAD, CA  
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MARATHON | 1/2 MARATHON | 10K | 5K | RELAY | 1 MILE

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**HOT TIP:****Pour Some Sugar on Me.**

As the temps rise this spring and you're showing more of that winterized skin, a DIY exfoliation can start in your kitchen. **Mix some sugar with your favorite oil—we like olive—to make a coarse paste.** You can even add some essential oils if you have them. Use the scrub in the shower, and you'll be singing, "I'm hot, sticky, sweet, from my head to my feet. Yeah!"



As the black sheep of the *Women's Running* team—I have short hair—I don't get to participate in the latest sassy braids. But I can enjoy the styling ease of using a quarter-sized dollop of **Giovanni Wicked Texture** pomade (\$10, giovannicosmetics.com), even on post-race hair, to rock a sporty do. It does wonders for bed head too.

—Allison Pattillo, gear editor



Since I started coloring my hair (I'm not ready to go that gray!), I've found **Nature's Gate Pomegranate Sunflower Hair Defense Conditioner** (\$8, natures-gate.com). It helps protect my color with natural ingredients and leaves my hair silky smooth.

—Nicki Miller, managing editor



I'm not a hair girl at all, but I decided to listen to my hairdresser when she started talking about **Eufora Beautifying Serum** (\$42, eufora.net). I gave it a shot the next time I washed my hair and loved the fresh feel it gave each strand. It inserted more glow and power into my very thin mane and gave my hair a bit more life and protein. The product is available at tons of beauty salons across the country.

—Caitlyn Pilkington, associate editor



I always wash my hair after running, which means I wash my hair every day—thereby bucking the advice of just about every hairdresser who has touched my frazzled mane. But recently, I listened to one stylist who recommended **Paul Mitchell Keratin Intensive Treatment** (\$28, sephora.com). The first time I tried it, my hair soaked up the moisture like a cactus during a desert rain.

—Jessie Sebor, editor in chief



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# Plait It Up

These athletic styles keep hair off your face and your mane looking fresh as you sweat.

**By** Stephanie Cajigal

**Photography by** James Farrell

**SOMETIMES A PONYTAIL IS GOOD FOR A RUN.** Other times, like during a big race, you want to up your mane game. French braids take a little extra effort, but they stay in place better than your basic pony, and they look cool in race-day photos too.

At the Nike Women's Half Marathon in San Francisco last fall, runners lined up to get their tresses styled into creative braids by pros from Paul Mitchell. And, lucky for us, Rachel Hausman, a runner and hair stylist for Paul Mitchell, offered to tell us how they're done.

## GIVE YOUR HAIR SOME TLC



**Protect Your Scalp:** Wearing braids can expose more of your scalp to the sun so make sure to spray your head with a hair-friendly sunscreen.

**We like:** Paul Mitchell Color Protect Locking Spray (\$13, paulmitchell.com) and Baby Blanket Tender Scalps (\$8, babyblanketsuncare.com)



**Condition While Running:** Here's a fun way to multitask: Before you go out for your next run, work a deep conditioner into your hair, pull it into a bun and cover with a hat. Wash it out when you jump in the shower.

**We like:** Paul Mitchell Lavender Mint Moisturizing Conditioner (\$16, paulmitchell.com) and Kérastase Nutritive Serum Oléo-Relax (\$40, kerastase-usa.com)



**Go Easy on the Suds:** Washing your hair every day can strip it of its natural oils. To keep it clean in between shampoos and after runs, use a dry shampoo that will absorb extra oil and sweat.

**We like:** Paul Mitchell Dry Wash Express Dry Waterless Shampoo (\$22, paulmitchell.com) and Batiste Original Dry Shampoo (\$9, drugstore.com)



## Fishtail Braid

**Best for:** Regular to thick, wavy hair.

**Step 1:** Bring your hair together as if to make a low ponytail, pulling it slightly off to one side.

**Step 2:** Divide the hair into two sections. Take about a quarter inch of hair from behind one of the sections and bring it over to the middle. Grab a piece of hair from the back of section two and bring it around to cross over the hair from section one. Keep one finger in the middle of the braid to hold it in place. Repeat, grabbing hair from each side, until you've reached the end.

**Step 3:** Secure the braid with a hair tie.

## A STRONG FINISH

**Tie:** Elastic hair bands can leave marks on your hair and cause it to break. Instead, use ribbon hair ties, which are strong enough to hold your locks but gentle enough not to cause damage. Another plus: They come in lots of fun colors so you can match them with your kicks.

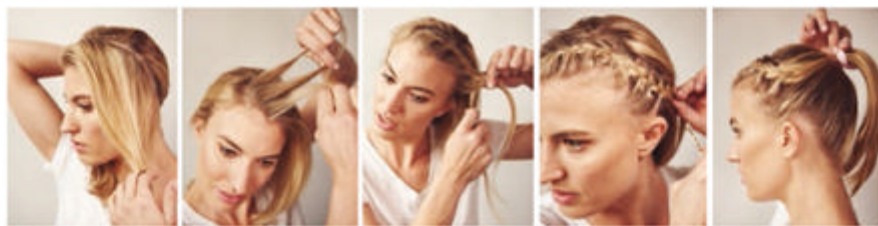
**We like:** Sephora Collection Ribbon Hair Ties (\$1, sephora.com)

**Pin:** Use them to secure braids to your head and to keep smaller pieces from falling into your face.

**We like:** Goody Colour Collection Mini Bobby Pins (\$2.50 for 30, target.com)

**Spray:** Keep flyaways at bay by spraying hairspray all over your head. Choose one that'll keep your hair in control without making it feel crunchy.

**We like:** Paul Mitchell Stay Strong Express Dry Strong Hold Hairspray (\$19, paulmitchell.com) and L'Oréal Paris Elneet Satin Hairspray Strong Hold (\$15, lorealparisusa.com)



## Headband Braid

**Best for:** Taming the flyaways in fine hair.

**Step 1:** Start this braid on either the right or left side of your head, whichever you prefer. Measure about three to four inches above your ear on the side where you want to start and then one inch back from your hairline. Grab the hair at the beginning of this section and separate it into three strands.

**Step 2:** Take the strand closest to the forehead and cross it over the middle strand. Take the strand from the back and cross it over the first strand. Repeat these steps, grabbing more hair from the section and working it into the braid.

**Step 3:** When you reach the other side of your head by your ear, secure the braid with a bobby pin. Grab all of your hair and pull it into a ponytail. Once your hair is secure in the hair tie, you can remove the bobby pin that's holding the braid in place.



## Double French Braid

**Best for:** Anyone with long-ish locks.

**Step 1:** Part your hair all the way down the middle through the nape of the neck.

**Step 2:** Secure one side with a hair tie.

**Step 3:** On the other side, where the hair is loose, start a three-strand braid up near the forehead.

**Step 4:** Start braiding the hair, taking the outer strand and crossing it over the center strand, and repeating on the other side. Each time, grab a little bit more hair from outside and work it into the braid. Keep braiding until you get to the nape of the neck and then secure with a hair band.

**Step 5:** Do the same braid on the other section of hair that you previously put into a ponytail.

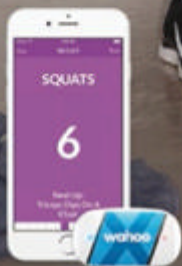
**Step 6:** When both braids are done, get rid of the small ponytails and grab all the remaining hair into one big ponytail. For a look that will keep your neck super cool, after you make the big ponytail, twist all the hair into a bun and pin it to your head.



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# SHATTER YOUR MARATHON GOALS

COMPLETING A MARATHON IN LESS THAN 4 HOURS IS A MAGICAL, ATTAINABLE AND POPULAR GOAL AMONG 26.2-MILE RUNNERS. BASED ON RECENT DATA, THE MEDIAN FINISHING TIME FOR WOMEN IS 4:41:38—SO A MERE 20 PERCENT OF MARATHONING LADIES BELONG TO THE COVETED SUB-FOUR CROWD. THE GOOD NEWS IS THAT BECOMING A MEMBER OF THAT SELECT GROUP IS DOABLE FOR MANY RUNNERS, WITH THE RIGHT TRAINING.

FOLLOW THIS PLAN TO BREAK THE 4-HOUR MARK OR WHATEVER YOUR GOAL TIME MIGHT BE.

*By* CHRISTINE HINTON





f you have at least one round of marathon training and racing under your legs and are striving for that 3:59:59 mark during your next one, our plan will get you there. (New to marathons? See “Marathon Virgins” for how to make this plan work for you.) Before lacing up your shoes, you should have a solid foundation of at least six months of consistent running, with roughly 25 or more miles per week, and be able to complete a 10-mile run.

This four-month program will build your endurance while increasing your intensity to prepare you to run the pace needed to dip under 4 hours on race day. Flexibility is built in to allow you to customize the plan to suit your individual fitness level.

## Training Elements

### CROSS-TRAINING (XT)

Think: Low to no impact, like spinning, yoga or swimming. Aim for 30–60 minutes. This will also help give you the core strength you’ll need in the later stages of the marathon.

### EASY

This pace should feel fairly comfortable, and you should be able to talk without getting too winded. An effort level of 65–70 percent is ideal on these runs, as well as during any warm-up and cool-down.

### HILL REPEATS (HR)

These encourage a fast, consistent pace despite fatigue between reps. Aim for splits within 1–2 seconds of each other at 85–95 percent effort level, and start and finish the entire set with 1–2 miles of warm-up and cool-down on flatter ground.

### INTERVALS (I)

Short, quick 10-second intervals after some of the long, slow runs will help to activate your fast-twitch muscles, reinforce good running form and remind you that you can run fast. Find flat ground after your main run and jog slowly for 20 seconds between bursts.

### LONG RUN (LR)

The most essential part of marathon training should be run at a mostly comfortable and conversational pace, about 60–65 percent effort level. Covering these miles on terrain similar to what is expected on race day is also very beneficial.

### MARATHON RACE PACE (MRP)

In addition to the long run, MRP workouts are crucial to success in shooting for a new PR. Running at your desired marathon pace, or faster, will train your body to be comfortable with sustaining goal pace for longer periods.

### REST

One day of rest per week, at a minimum, will help your body recover and recharge for race day. Strength is built during these off days, which is a good opportunity to listen to your body if you’re feeling overly fatigued or sore.

### STRONG FINISH (SF)

During the final 5–10 minutes of a LR, shift the pace up slightly. This should work out to be about 20–30 seconds per mile faster than your LR pace, training your body to push strong toward the finish line!

### TEMPO

Tempo runs are described as comfortably hard, exerting about 75 percent of your maximum effort and really feeling it during the second half of the workout. The goal is consistent pacing. Use the faster end of the pace range given in the chart for tempo portions lasting less than 20 minutes and the slower end for longer sessions.

## MARATHON VIRGINS

*Are you ready for this? And what to do if you're not.*

Shooting for a sub-four marathon demands high mileage and frequent speed work that will make the body more fatigued than training for a slower or easier race. For that reason, it is recommended to have at least one marathon completed so you know your body’s limits and where you might need to adjust. This plan may work for you if you’re a first-timer with some other race experience (see chart below), or you can tweak parts of it to fit your current fitness level.

**RUN SUB FOUR.** Use this chart to see if your current shorter race times fall within the times listed (or faster). The longer the race, the more accurate the prediction.

5K	10K	Half
24:05–24:25	50:00–50:40	1:51:40–1:53:05

**START EARLIER.** If this plan is too aggressive, stretch it out to 20 or 24 weeks and build more gradually.

**KEEP YOUR FITNESS LEVEL IN MIND.** Take extra rest days as needed, and make sure you recover properly.

**SKIP THE SPEED.** The best workouts to cut back on, in favor of extra rest or active-recovery cross-training, are those involving speed (e.g., hill repeats and intervals).

**FOCUS ON ENDURANCE AND STAMINA.** Don’t skip the long runs or marathon-race-pace portions of your runs.

**PICK A FRIENDLY COURSE.** Choose a race that is beginner friendly and during a time of year with good weather.

**HAVE A “B” GOAL.** If during the race things fall apart, have a secondary goal to keep you motivated to the finish line and take what you learn to your next marathon.

TRAINING  
PACES

Goal	Easy	LR	Tempo	MRP
3:55:00	8:55–10:30	8:55–10:15	7:50–8:15	8:53–8:58
3:58:00	9:00–10:45	9:00–10:25	8:05–8:25	9:00–9:05
4:00:00	9:05–10:55	9:05–10:35	8:10–8:30	9:05–9:09

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	Rest	3–4 miles Easy	1 mile WU 2 x 1 mile Tempo + ½ mile recovery 1 mile CD	Rest or XT	4 miles Easy	3–4 miles Easy	10 miles LR with 5 min SF
<b>2</b>	Rest	3–5 miles Easy	1 mile WU 3 miles MRP 1 mile CD	Rest or XT	4–5 miles Easy	3 miles Easy	12 miles LR with mid 4 miles MRP
<b>3</b>	Rest	3–5 miles Easy + 4 min I	1–2 miles WU 2 miles Tempo 2 miles CD	Rest or XT	5 miles Easy	3–6 miles Easy	14 miles LR
<b>4</b>	Rest	3–4 miles Easy	6 miles HR with 6–8 x 60 sec	Rest or XT	1 mile WU 4 miles MRP 1 mile CD	4 miles Easy	8 miles LR with mid 5 miles MRP
<b>5</b>	Rest	3–5 miles Easy + 4 min I	1 miles WU 3 miles Tempo 1 mile CD	Rest or XT	6 miles Easy	3–6 miles Easy	16 miles LR
<b>6</b>	Rest	3–5 miles Easy	1 miles WU 6 miles MRP 1 miles CD	Rest or XT	5–6 miles Easy	10K Easy	12 miles LR with 10 min SF
<b>7</b>	Rest	3–5 miles Easy + 4 min I	1 mile WU 4x1 mile Tempo + ¼ mile recovery 1 mile CD	Rest or XT	6 miles Easy	3 miles Easy	17 miles LR
<b>8</b>	Rest	3–6 miles Easy	6 miles HR with 6–8 x 90 sec	Rest or XT	1 mile WU 5 miles MRP 1 mile CD	Rest or XT	18 miles LR with 10 min SF
<b>9</b>	Rest	3 miles Easy + 4 min I	1 mile WU 2x2 miles Tempo + ½ mile recovery 1 mile CD	Rest or XT	6 miles Easy	3–6 miles Easy	12 miles LR with last 7 miles MRP
<b>10</b>	Rest	3–5 miles Easy	6 miles HR with 6–8 x 2 min	Rest or XT	1 mile WU 5 miles MRP 1 mile CD	Rest or XT	19–20 miles LR
<b>11</b>	Rest	3 miles Easy + 4 min I	1 mile WU 10K Tempo 1 mile CD	Rest or XT	6 miles Easy	4–5 miles Easy	12 miles LR
<b>12</b>	Rest	3–5 miles Easy	1 mile WU 3 miles MRP 1 mile CD	Rest or XT	4–5 miles Easy	Rest or XT	20–21 miles LR with 5–10 min SF
<b>13</b>	Rest	3–5 miles Easy	1 mile WU 5 miles Tempo 1 mile CD	Rest or XT	4–5 miles Easy	3–5 miles Easy	14–16 miles LR with mid 8 miles MRP
<b>14</b>	Rest	3–5 miles Easy + 4 min I	6 miles HR with 6–8 x 30 sec	Rest or XT	1 mile WU 3 miles MRP 1 mile CD	3–6 miles Easy	10–12 miles LR with 10 min SF
<b>15</b>	Rest	3 miles Easy	1 mile WU 1–2 miles Tempo 1 mile CD	Rest or XT	4 miles Easy	3–6 miles Easy	8–10 miles LR
<b>16</b>	Rest	3 miles Easy + 4 min I	1 mile WU 2 miles MRP 1 mile CD	Rest or XT	2 miles Easy or Rest	2 miles Easy or Rest	MARATHON

**KEY**

CD: Cool-down HR: Hill Repeats I: Interval LR: Long Run MRP: Marathon Race Pace SF: Strong Finish WU: Warm-up XT: Cross-training







A close-up portrait of Shalane Flanagan, a woman with blonde hair tied back, wearing a pink and blue athletic tank top. She is looking directly at the camera with a neutral expression. The background is dark and out of focus.

# ***10 MOMENTS THAT SHAPED MY LIFE***

Marathoner Shalane Flanagan shares the highs and lows of her running career, and why this spring just might bring her most powerful moment to date.

***AS TOLD TO CAITLYN PILKINGTON  
PORTRAITS BY SCOTT DRAPER***





# ON APRIL 21, 2014, **SHALANE FLANAGAN** CAPTIVATED A NATION AS SHE LED A GROUP OF ELITE RUNNERS THROUGH THE FIRST 19 MILES OF THE BOSTON MARATHON.

Raised in Marblehead, Mass., the three-time Olympian raced through the streets of her backyard, meditating on every turn and divot in the road toward the finish line on Boylston Street. On that day, she raced to win, hoping to be the first American woman to do so in 29 years. She missed the podium by four spots—finishing a disappointing seventh—but she ran the third fastest marathon ever by an American female and pushed a pace that resulted in a course record by the winner.

Flanagan's performance on that day, even more incredible against the backdrop of the tragic attacks in 2013, set the stage for her to return this month to reclaim the race that shaped her career before it even started. As the attention of running fans begins to shift toward this month's Boston Marathon, we sat down with America's number-one female marathoner before she toes the line in Hopkinton and learned what inspires her, who has influenced her career as a professional runner and how she stays thirsty for that next great moment in racing.

# 1

## *She fell in love with Boston as a spectator.*

Living just 16 miles outside of Boston, Flanagan and her family experienced Marathon Monday every year together. "At the time, I thought it was a national holiday. I thought everyone stopped and watched the Boston Marathon," she recalls. "My first really strong memory was when my dad ran it—I think I was about 12 or 13. I remember standing on Boylston Street waiting for him to come in and watching him finish, and I remember how in awe I was of all the athletes."

Someone mentioned to Flanagan how fast the elite women were running as she stood waiting for her father—a pace that dazzled her. "At the time it was faster than what I could run one mile in, so it completely blew my mind that people could run [26.2 miles] that fast. I was captivated from the beginning."

The Boston Marathon instantly became Flanagan's biggest running project. "I wanted to be part of this special day and celebrate Boston and celebrate my country, and I thought maybe someday I could do it. Maybe I could complete the marathon—never thinking one day I would have a legitimate shot at winning."

## 2 / BEATING THE BOYS GAVE HER CONFIDENCE.

Flanagan recalls her first “race”—her school’s one-mile fitness test. “It wasn’t even a race—it was basically gym class—but I thought it was a race,” she explains. “I remember getting so nervous and excited to go run the mile. I don’t know what it was. I just loved running, and I was so competitive with it. It pulled out this natural competitiveness.”

Young Flanagan came in first overall and was thereafter dubbed the “fastest one in the school.”

“I don’t remember my exact time—I think it was a 5:50, under 6 minutes. That was just natural, raw talent. I never trained for it or ran before. That’s when I realized my passion and desire to be a runner.” Her innate speed gave the grade-schooler a boost in confidence—and beating all of the boys was the icing on the cake.

## 3 / She discovered disappointment and redemption in her high school career.

“I wanted to be one of the best prep cross-country runners in the nation, but I had some bad luck my junior year with the flu,” Flanagan recalls. She missed the qualifying standard for the Foot Locker High School Cross Country Championships, the most prestigious showdown for runners her age. “Going into my senior year, I was determined to make it. I just ran a poorly executed race and ended up collapsing from running too hard.”

After missing the biggest high school stage twice in a row, Flanagan was devastated—but she looks back and finds slight comedy in it. “People laugh about it—I’ve made it to the Olympics, but I never went to Foot Locker.” The runner rebounded with a win at the national junior cross-country championships (open to all runners age 18 and under) as a high school senior, out-kicking the likes of then-collegiate runner Lauren Fleshman. “One of my greatest races was beating them and making the world team for cross country.”



## 4 / HER FAVORITE MOMENT OF COLLEGE RACING HAPPENED ON THE HOMESTRETCH AT THE OLDEST TRACK COMPETITION IN THE COUNTRY.

It was a come-from-behind win and team celebration that Flanagan cherishes as her most memorable performance in college. “We would go to the Penn Relays every spring, and it was so fun,” Flanagan says of her University of North Carolina team, which won three relay events at the 2003 event.

“We had this 4 x 1,500-meter event, and I remember, I was 200 or 300 meters behind Stanford when I got the baton.” Flanagan frequently anchored her relay team, receiving the stick last and tasking herself with passing anyone left in front of her. “I slowly chipped away and ended up passing [the girl in first], and the whole crowd was just cheering. A lot of them are sprinters, so they love to see sprints. I got the big whoop, whoop!”



## 5/ She worked with a rival to snag a record-setting performance.

Flanagan, who often went head-to-head with New Zealand's Kim Smith on the track, explains, "I think we actually really enjoyed racing each other, because we knew it would be a really great battle and we would push each other." They toed the line together during an invitational meet at Stanford in 2008—Flanagan's first 10K.

"I'd never run a 10K before, so I was really scared I might not finish, which sounds weird!" Despite fears of being undertrained and lacking endurance to last more than 3.1 miles, Flanagan clicked off laps, switching the lead with Smith every kilometer. "It went by amazingly fast—it was one of those special nights where I felt unbelievable. I think I only out-kicked her in the last 200 meters or something." Flanagan beat Deena Kastor's American record mark by a tremendous margin and says she was definitely shocked to see the final number: 30:34.49.

## 6 / HER PARENTS ARE HER HEROES—IN RUNNING AND IN LIFE.

"Whenever I have a tough decision in front of me, I'm always thinking, *Okay, what would my dad say? What would my mom do? What would my parents think about this?*" Flanagan says of her runner parents. Mother Cheryl was a former world-record holder in the marathon, and father Steve holds a 2:18 personal best in the 26.2-mile distance. "I feel like they've been a huge support system. I've been really fortunate."

Both Flanagan's parents were also cross-country runners on the world stage, and Flanagan says that connection makes her third-place finish at the 2011 world cross-country championships one of her more notable accomplishments. "My bronze medal from there is almost on par with my bronze medal at the Olympics. It's an extremely tough race."



## 7/ She met her husband on the cross-country team—but didn't believe he was a runner at first.

"I met him during a recruiting trip at Carolina, but when I got back, he had spent his whole summer in the gym lifting, not really running," says Flanagan, whose husband and manager, Steve Edwards, competed in the 800 meters on the track and ran on the cross-country team with her. "I thought, *Maybe he's on the football team.* He was huge! How was this guy trying out for cross country?"

The running duo met when they were 18 years old, and their shared background in running made Flanagan's distance from her family much easier. Plus, she often outran him in workouts. "I would actually beat him in tempo runs. Our coach used to send the men off a little before the women, not thinking that the women would catch them."

True to her speed and competitive side, Flanagan remembers besting him when their relationship was brand new. "Everyone was giving him so much crap that his girlfriend beat him in a tempo run. We just had some funny moments like that, where my endurance background surpassed his."





# 8/

## **SHE BELIEVES THE 10,000 METERS IS HER SWEET SPOT.**

"It just felt so deliciously slow to me," says Flanagan, who moved from running the 5K, a "traumatically fast event," to the 10K. "I was built and made for the 10K. My first marathon went really, really well as well. But I think I was still terrified of the distance, so I didn't have the same affection toward it at first."

Flanagan says the marathon is a really big labor of love, something that can often become trying to train for. "The 10K, you can just run a lot of them without the same preparation."



# 10

## **Winning Boston would be more golden than an Olympic victory.**

With an Olympic bronze in her back pocket, Flanagan still craves competing on the world stage. She says, "It's that meaningful to me—you could ask me what I want in the remainder of my career, a gold or a win at Boston. Winning Boston [to me] is like winning gold [at the Olympics]," says Flanagan, who won bronze in the 10,000 meters at the 2008 Olympics—making her only the second American to medal in that distance.

"It seems so far-fetched to dream about an Olympic medal at all—most dream of just making it to the Olympics. It like blows your mind away that it even happened." For Flanagan, the Boston Marathon adds an extra emotional draw—a way to honor her family, her hometown, the nation supporting that Boston community. There's a runner inside of her that yearns for an American flag draped over her tired shoulders on Boylston Street. 

## **9/ She's a history major living her dream job.**

"I didn't know what I wanted to do when I grew up—I just wanted to be an Olympic athlete," she says. "I just thought I would work some side job to accommodate my dream. I didn't know what professional running was or that it was possible to make a sustainable income off of it." Flanagan entered University of North Carolina as an undeclared major, knowing that she needed to obtain a good degree "in case running didn't work out."

The Nike athlete laughs at her premature thoughts of living out of a van and running toward her dreams without a supporting sponsor, something she didn't know existed at the time. "I ended up majoring in history. I wasn't really thinking of a career path in front of me."





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# Major League

The World Marathon Majors celebrates the most legendary races in our sport with a one-million-dollar prize purse and the opportunity for recreational runners to race with the best.

**By Allison Pattillo**







unning a marathon is a landmark accomplishment. Some may look at 26.2 miles as a one-and-done experience. Others get bitten by the marathon bug, and that first finish line simply serves to beg the question, what's next? Inevitably the big-name U.S. races come to mind: Boston, Chicago and New York. Then the big international events—London, Berlin and Tokyo—may beckon.

The World Marathon Majors (WMM) comprises those six star races. Putting these 26.2-milers on your to-do list may sound crazy at first. But any of us who choose to run a marathon have a little bit of crazy—don't even try to deny it!—and these races are the largest and most legendary in the sport.

"These races are like the grand slam of participatory sport," says Hugh Brasher, race director for London Marathon Ltd. and son of Chris Brasher, one of the race's founders. "Anyone who enters is able to run at the same time, in the same conditions and at the same event as the best marathoners in the world."

The field running to win is tiny compared to the number of participants at these races, but all runners benefit from the world-class organization, thousands of cheering supporters and raw energy of the events, each of which is completely unique.

For those reading this and wondering if you count as WMM material, the answer is: Of course! Simply take it one step, or one marathon, at a time. Completing all of the races is definitely a time, training and monetary commitment, but it is also an attainable goal. If you make it to every finish line, you earn a Six Star Finisher certificate—and half a dozen unique experiences with memories to last a lifetime.

# THE SIX STARS

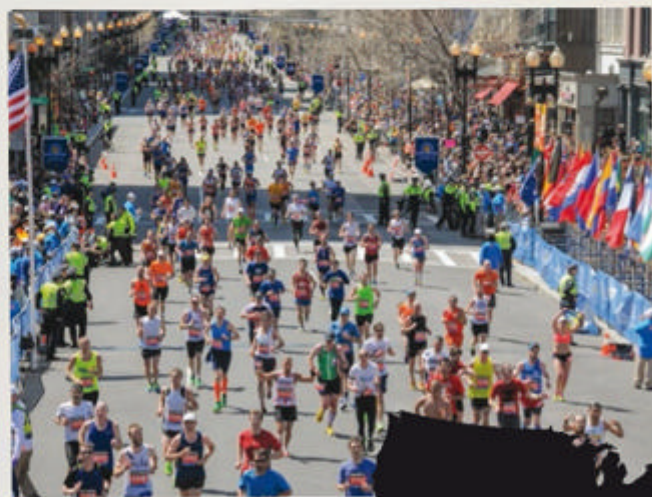
## Boston Marathon

APRIL 20, 2015 | BAA.ORG

► Dating back to 1897, the world's oldest annual marathon is the granddaddy of the WMM. You can get in through charitable bibs (i.e., raising money for a cause), but those spots are limited and highly coveted—leaving most people to enter by earning a qualifying time. From the start in Hopkinton to the finish at Boston Common, the course is a net downhill of 480 feet, which means Boston is ineligible for world records.

The 2013 race was a dark day for the sport and the city when two bombs detonated at the historic finish line, killing three and injuring more than 260 others. But the 2014 running was a day of celebration, pride and reverence like no other. Runners, spectators and volunteers came out by the tens of thousands, all showing support for this incredible race.

If you're heading to Beantown, be sure to check out the stunning chalk art at the starting line, carb up with a lobster roll and



catch a Red Sox game. If you are still standing around 9:30 or so the night of the race, head back to the finish to watch Race Director Dave McGillivray conclude his post-race personal "race." He runs the full 26.2 miles from Hopkinton to Boston every single year to honor his grandfather.

## THAT CASH

*This series carries a major prize purse—and some tricky rules.*

The World Marathon Majors were born in 2006 in an effort to reward elite athletes and increase excitement around our sport. For pro runners, the WMM promises a huge payday: \$1 million split evenly between the top female and male point earner of each two-year series.

The Olympic Marathon and the IAAF World Championships Marathon are also figured into the equation. The top five female and male finishers at each race earn points based upon their place at a maximum of four qualifying races during a two-year period—allowing for full recovery and maximum performance—and a minimum of one qualifying race each year during the same period.

This is where it gets a bit confusing. Points are accrued during the two-year series, but the series overlap, meaning the prize purse is distributed annually. So what does it take to win? In the 2013-14 season, Kenya's Edna Kiplagat snagged the top spot, killing it in a slew of events including wins at the 2013 World Champs and 2014 London Marathon, where she ran 2:20:21.



## London Marathon

APRIL 26, 2015 | VIRGINMONEYLONDONMARATHON.COM

► This race manages to incorporate the pageantry, whimsy and pride of London into 26.2 miles that pass iconic sights like the Tower Bridge, the British clipper ship Cutty Sark and Buckingham Palace. Runners have raised more than 660 million pounds (roughly \$994 million) for charity since the marathon's inception—77 percent of 2014's participants ran for a cause. Add the legions of costumed runners making or breaking Guinness World Records (30 records were broken in 2014), and the experience takes on the air of an on-foot carnival.

"Balance is a challenge," says Race Director Hugh Brasher. "We try to look at the marathon from everyone's point of view and hopefully have the right mix."

Prepare for an added level of excitement in 2015, as the country's **world record-setting superstar Paula Radcliffe has announced it will be her last marathon.** If you are there to watch, stay on top of your hydration at one or more of 80 pubs along the route. For those aiming to set a Guinness record, you must submit your plan in advance. And, just in case crocheting is your specialty, you'll have to best Susie Hewer's 2014 record of "longest crochet chain whilst running a marathon": 139.4 meters in 5:40:47.

### EXPERT TIP:

"For the overseas races, just forget about your times. Enjoy the experience."

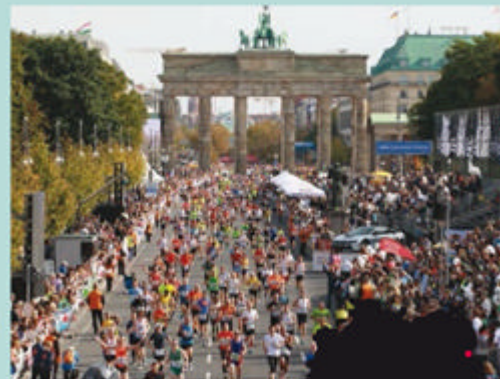
—Cindy Bishop

## Berlin Marathon

SEPTEMBER 27, 2015 | BMW-BERLIN-MARATHON.COM/EN

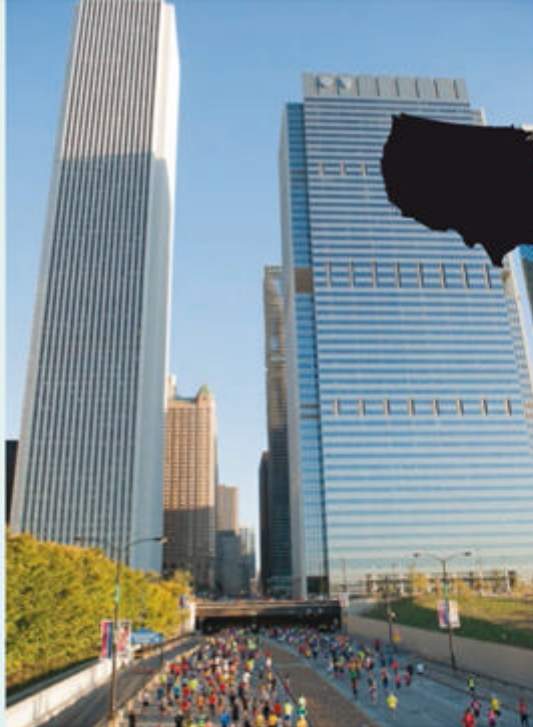
► Originally run only in West Berlin, when the German city was divided, the fast and flat course now weaves back and forth across the former wall, and ends with all racers passing through Brandenburg Gate. The wide streets, once used for displays of military might, are filled with runners from around the globe and lined with cheering spectators and live music. **With 40,000 runners, the pre-race expo is so enormous it takes place at an old airport.**

For elites, the flat, fast course is often a target for setting new world records. For the rest of the field, it can be a great race for running a PR—or simply a memorable way to run through history while touring the city's iconic landmarks and shaded residential areas. "We are constantly innovating to stay on top of new developments," says Race Director Mark Milde.





**EXPERT TIP:**  
Carry your own food mid-race, as on-course offerings might be vastly different than what you're used to. Cherry tomatoes are common fuel in Japan.



## Chicago Marathon

OCTOBER 11, 2015 | CHICAGOMARATHON.COM

► With the highest elevation of the WMM, Chicago still comes in at a mere 590 average feet above sea level. The course is known for fast times, with the only inclines on bridges over the Chicago River—racers cross it five times—and on the approach to the finish. **The route runs along Lake Michigan and through 29 unique neighborhoods**—the Loop, Lincoln Park, Lakeview, West Side, Pilsen and Chinatown to name a few—each with its own character, sights, energy and tantalizing food smells that go beyond deep-dish pizza.

Chicago tops the chart as a user-friendly race for elites, average runners and spectators alike with its looped course, stellar race organization and welcoming atmosphere. The start and finish areas are both in Grant Park, and staying in a downtown hotel makes it easy to walk to and from the race, with plenty of restaurants and bars close by for celebrating.



## New York City Marathon

NOVEMBER 1, 2015 | TCSNYCMARATHON.ORG

► With 50,000 runners from around the world and two million spectators, this is the largest race in the country. The route through the Big Apple's five legendary boroughs makes for an unforgettable run—just don't forget to have a rock-solid plan for getting to Staten Island for the start! Thousands of people will be milling about with athletes before the gun(s) go off, which definitely helps build excitement for the adventure to come.

**Each wave of runners departs to the tune of "New York, New York"** and to the stunning Manhattan skyline view from the Verrazano-Narrows Bridge—at 260 feet, this is also the high point of the course. Emotions and body aches ebb and flow just like the hills on this tough course. Prepare for the varying noise decibels as well, whether it's the footfall and breathing of thousands of other runners or the wall of sound at mile 17 from throngs of cheering spectators lining First Avenue.

As for the finish, one racer called it the most inspiring section in about any race, with people cheering you on every second of the final 6.2 miles. Flash your medal for free subway rides the rest of the day!

## Tokyo Marathon

FEBRUARY 2016 | TOKYO42195.ORG/2015EN

► Marathon racing in Japan was once thought of as a sport for elites only. In 2007, the Tokyo Marathon merged an elite race with a citizens' race, and the growth catapulted it onto the international scene. It became the sixth race of the WMM in 2013.

"Being part of the Abbott World Marathon Majors motivates us to enhance the level of our race to the world's top level, while we continue to contribute to the advancement of public health and to enrich the city life for all those recreational runners," says Ulala Ngashima of the Tokyo Marathon Foundation.

Much like the Boston Marathon, Tokyo starts with a downhill, losing about 120 feet in the first 5K. The route then flattens out, with a few smaller hills toward the later stages of the race. **Racers pass the stunning Imperial Palace and the Asakusa Kaminarimon Gate, landmark to the city's oldest temple.** The course—known for being incredibly clean, so be sure to toss your used hydration cups into trash bins—features two out-and-back sections where runners can see the elites in action.



# FAST FACTS ON THE WMM

MARATHON	FIRST RUNNING	RUNNERS	AVERAGE FINISH IN 2014	AVERAGE STARTING TEMP	ROUTE	ENTRIES	WOMEN'S COURSE RECORD	FACT
<b>BOSTON</b> 	1897	30,000	4:03	53 degrees	Point-to-point	Qualification & Charity	2:18:57 by Rita Jeptoo of Kenya in 2014*	In addition to being the oldest marathon in the WMM, Boston is the only race run on a Monday—the third Monday in April is known as Patriots' Day and commemorates the Revolutionary War battles of Lexington and Concord.
<b>LONDON</b> 	1981	36,550	4:30	50 degrees	Point-to-point	Lottery & Charity	2:15:25 by Paula Radcliffe of Great Britain in 2003	The London Marathon holds the Guinness World Record for the largest annual, one-day fundraising event in the world.
<b>BERLIN</b> 	1974	40,000	4:07	50 degrees	Looped course with a short distance separating the start & finish	Lottery & Charity	2:19:12 by Mizuki Nojuchi of Japan in 2005	At fluid stations, the "water" may actually be hot tea (especially nice on chilly race days!), and with 80 live bands lining the course, Berlin is a good race for leaving headphones at home.
<b>CHICAGO</b> 	1905	45,000	4:39	52 degrees	Looped course	Lottery & Charity	2:17:18 by Paula Radcliffe of Great Britain in 2002	Although the Chicago Marathon was first run in 1905, it didn't become an annual event until 1977. Those hitting the wall by mile 19 or so might like to go back in time to 1987 when the Chicago Marathon was run as a half marathon due to the loss of a title sponsor.
<b>NEW YORK CITY</b> 	1970	50,000	4:34	51 degrees	Point-to-point	Qualification, Lottery & Charity	2:22:31 by Margaret Okayo of Kenya in 2003	The world's largest marathon had humble beginnings—in 1970, 127 runners paid the \$1 entry fee, and fewer than half of the racers finished the four-loop course through Central Park.
<b>TOKYO</b> 	2007	36,000	4:52	44 degrees	Point-to-point with two out-and-back sections	Lottery & Charity	2:25:28 by Atsed Habtamu of Ethiopia in 2012	Racers can experience the culture of Japan by fueling with tomatoes, rice and pickled plums from aid stations and taking advantage of warm-water footbaths ( <i>onsen</i> ) at the finish.

\*Jeptoo is now facing a two-year drug ban and may have this record revoked.



# Faces of Finishers

Whether finishing the WMM takes you a few years or a few decades, the accomplishment will earn you entry into the small and storied community of Six Star Finishers. Here are two of their tales.

## Kara Bauer

For runners in Hopkinton, the town where the Boston Marathon starts, qualifying for the race is a common goal. Fitting the profile, Kara Bauer, 49, did just that. She hired a coach, trained, qualified, trained some more and ran Boston in 2011.

Then she thought, *What's next?* For Bauer, who works for IBM, it was the New York City Marathon, and with the Chicago Marathon already under her belt, she realized she was halfway through a Six Star Finisher journey. Bauer and her "very, very supportive" husband decided the international races would be their family vacations.

"Being able to run all of these events is definitely a big commitment," says Bauer, who used airline miles to help defray costs.

She recommends using a tour company to help but acknowledges lower-stress logistics come at a cost. While programs may vary, she especially appreciated meeting fellow runners at pre-race pasta dinners and meet-and-greet parties.

Bauer followed the same training program she used to qualify for Boston for every major race. She also credits "being biomechanically blessed" as the reason she's never been injured.

Tokyo in 2013 was Bauer's last major and 10th marathon, and she decided it was also going to be her last. Until it wasn't. "I realized I couldn't not have a marathon on my calendar," she says. "Now my goal is to find truly unique marathons both in the states and abroad."

## Bauer's Official Times:

- ▶ Chicago Marathon, 2010, **4:31:02**
- ▶ Boston Marathon, 2011, **3:48**
- ▶ New York City Marathon, 2011, **4:17:07**
- ▶ London Marathon, 2012, **4:35:21**
- ▶ Tokyo Marathon, 2013, **4:40:26**
- ▶ Berlin Marathon, 2013, **4:44:47**

### EXPERT TIP:

"Be sure to wear a shirt that says USA or your name—spectators love to cheer for you!"

—Cindy Bishop



## Cindy Bishop

When she became ill during a family trip to Spain, Cindy Bishop, 55, decided she needed an excuse to move around. While walking the hospital halls, she made a goal to run a marathon when she became healthy. The 2009 Disney World Marathon was her first marathon and New York City was her first major.

"Running the New York Marathon was one of the highlights of my life," says Bishop, an attorney from Merritt Island, Fla. "I ran for Fred's Team at Memorial Sloan-Kettering Hospital in New York. When I ran by the hospital at mile 17 and saw all of the kids, both former and current patients, it was incredible."

After the race, her husband suggested the idea of running the WMM. Bishop qualified for the Boston Marathon with a 32-minute PR and was on her way.

"No other sport allows a hobbyist to participate in the same events as the pros of the sport," Bishop says. "You get to be part of something big! It's an exciting way to meet great people and go to cool places."

Even with planning, the stress can take a toll. Bishop, who works with a trainer, ended up running the Tokyo Marathon (the final one in her quest) with a broken ankle. She now jokingly claims to be the first American woman with a broken ankle to become a Six Star Finisher at Tokyo! Despite the setback, she was planning her next adventures before completing the WMM.

"You meet such wonderful people from all over the world and they all give me more reasons to run," says Bishop, who is now working toward completing a marathon in every state as well as one on every continent. "This is a just such a fun hobby. I love it!"

## Bishop's Official Times

- ▶ New York City Marathon, 2009, **5:11:08**
- ▶ Boston Marathon, 2011, **4:20:08**
- ▶ Berlin Marathon, 2011, **4:25:43**
- ▶ London Marathon, 2012, **4:18:05**
- ▶ Chicago Marathon, 2012, **4:01:43**
- ▶ Tokyo Marathon, 2013, **4:57:12**

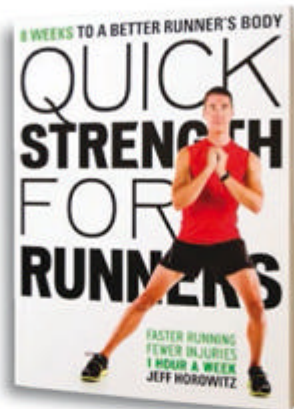


## RUN-CATION PLANNING

For the WMM, part of the puzzle is to figure out the logistics of entering and traveling to the races—as if training for six marathons wasn't enough, it can be especially challenging for U.S. runners to gain entry to international races. Organizations like Marathon Tours & Travel ([marathon-tours.com](http://marathon-tours.com)) can help arrange entry, travel, lodging, sightseeing tours and some meals to make running abroad more comfortable with less hassle.

For an estimate of what it costs to run the WMM, Kara Bauer guesses that she spent about \$3,000 for each U.S. race (including race entry, travel, food, accommodations and mementos) and \$7,000 for each international race. Yikes—that's a cool \$30K. Staying with friends and family, finding travel and lodging partners, using saved miles and viewing the races as your vacation for the year are just some of the ways to help make the journey more doable.

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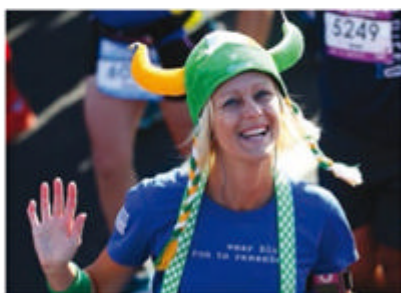
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companies offer to  
feed you  
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through night  
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your doorstep.

BY NICKI MILLER

# EASY EATS



# EVER WISH YOU HAD A LIVE-IN PERSONAL CHEF? YEAH, US TOO.

And the recent growth in meal delivery services shows that plenty of others have shared in our daydream of eliminating trips to the grocery store and takeout counter from our lives.

From the stalwart Nutrisystem to new brands like Paleta, there's no shortage of companies that will serve up (almost) everything you need to fuel you for the day. Aside from the convenience factor, different plans promise to balance your diet, fuel your run, help you lose weight and even teach you how to cook.

We tested five services to bring you an inside look at the changing world of healthy meal delivery. These companies cater to different palates and personalities, so take stock of your dietary goals and you might just find one to help you reach them.

## For the Picky Eater:

### FRESH DIET

Couriered to your doorstep every day or two, Fresh Diet's daily three squares and two snacks are similar in quality to what you'd get in a healthy restaurant. Based on the principles of the Zone Diet, the company's standard calorie count for women is about 1,300 per day, but you can customize based on your goals. (Runners, even those who wish to lose weight, will often need more.) The meals are designed based on 40 percent complex carbs, 30 percent lean protein and 30 percent polyunsaturated fats.

**MISSION CONTROL:** There's a lot of potential flexibility to exclude ingredients you don't like—or to opt for gluten-free or vegetarian plans. You can also choose your daily dishes online or let the chef decide (for example) if you're getting the wrap or salad for lunch.

**SAMPLE DINNER:** Grilled London broil with raspberry chipotle sauce; grilled portobello with roasted red peppers and basil; and cashew and orange brown rice pilaf.

**PALATE PLEASER?** Testers liked the variety in every meal, which often includes a main and two sides, as well as the opportunity to choose among different options in advance. Most of the dishes were tasty and flavorful. Some were a little overcooked, dry or messy for transport.

**VESTED INTEREST:** ABOUT \$25 TO \$50 PER DAY, [THEFRESHDIET.COM](http://THEFRESHDIET.COM)

*Recipe from Fresh Diet:*

### Fresh Bocconcini Mozzarella Salad with Roasted Bell Pepper, Tomatoes, Black Beans, Romaine Lettuce & Red Wine Vinaigrette

**Serves 4**

- 8 cups chopped romaine lettuce
- 12 oz. fresh bocconcini mozzarella (grape sized)
- 1 roasted bell pepper, sliced into strips
- 8 cherry tomatoes
- 1 cup canned black beans, drained and rinsed
- ¼ cup Red Wine Vinaigrette (recipe follows)

**Place** all ingredients in a large mixing bowl. **Toss** to coat evenly. **Divide** salad among four bowls and **serve**.

#### Red Wine Vinaigrette

- ¼ cup red wine vinegar
- 1 tsp. kosher salt
- ¼ tsp. fresh ground black pepper
- 2 tsp. Dijon mustard
- ⅔ cup extra-virgin olive oil
- 1 Tbsp. minced fresh Italian parsley
- 1 Tbsp. minced fresh basil

**Combine** vinegar, salt, pepper and mustard in blender jar. **Blend** on medium speed while pouring oil slowly through lid opening and blend until smooth and creamy. **Pour** dressing into a small bowl and **stir** in the minced herbs. **Mix** before serving.





*Recipe from Paleta:*

## Avocado Toast

Chef Kelly Boyer says, “My latest obsession is a quick and easy blast of whole grain and healthy fats in our avocado toast creations. The variety of toppings is endless!”

### Serves 1

- 1 slice thick and crusty artisanal bread rich with whole grains and seeds (or gluten-free)
- ½ ripe avocado, peeled, seeded and mashed
- Drizzle of your favorite extra-virgin olive oil
- Juice from ½ lemon
- Pinch of sea salt, fresh ground pepper and red pepper flakes

**Lightly grill or toast** each side of bread. **Spread** with mashed avocado. **Drizzle** olive oil and lemon juice on top. **Add** seasoning and serve.

### Optional Toppings

This healthy treat is perfect as is, but you can add a variety of your favorite toppings to suit your palate on any given day:

- Toasted pine nuts and microgreens
- Poached egg
- Shaved serrano pepper and peppery microgreens
- Thick slices of heirloom tomatoes
- Smoked salmon and capers
- Chopped heirloom tomatoes, turkey bacon and crumbled blue cheese

*For the Clean Eater:*

## PALETA

This daily drop-off service is based on a farm-to-table, sustainable philosophy with the freshest ingredients available. The focus on clean eating—natural, local and organic—partners well with potential weight-loss goals. You can adjust the calories to accommodate your training with three counts to choose among.

**MISSION CONTROL:** Make your tastes and distastes known, and the kitchen will supply creative meals that accommodate. Paleta also creates tasty cold-press juices, so the meals may include small bottles of those.

**SAMPLE DINNER:** Peach-glazed free-range chicken with peach-lime salsa; corn on the cob; and wax bean and radish salad.

**PALATE PLEASER?** Lunches got the highest marks of all the meals we tried. Our testers missed snacking more, especially before a workout—but one gluten-free runner was particularly pleased with some time off from reading the labels on everything she eats.

**VESTED INTEREST:** STARTS AT \$46 PER DAY. [PALETA.COM](http://PALETA.COM)





*For the Paleo Inclined:*

## PERSONAL TRAINER FOOD

Ready-to-microwave frozen packets comprise all the meals, which are almost exclusively meat and vegetables. As the name implies, the company relies heavily on personal trainers across the country to introduce their clients to the plan to lose weight.

**MISSION CONTROL:** There are different plans to choose from, basically for two or three meals a day, each of which is just a microwave away from your plate. Because you get 28 days of food at once, you can choose which meat and veggies you want as you go. In theory, you may not need to supplement with additional snacks or meals.

**SAMPLE DINNER:** Mesquite-grilled chicken breast with vegetable mix of broccoli, cauliflower, green beans, carrots, squash and peppers.

**PALATE PLEASER:** Some of the food tastes very clean (not processed) and better than you'd expect from, say, frozen chicken; others taste surprisingly processed and salty. Most of our runner testers needed to add some calories (and carbs!) to feel ready for workouts.

VESTED INTEREST:  
UP TO ABOUT \$15 PER DAY.  
[PERSONALTRAINERFOOD.COM](http://PERSONALTRAINERFOOD.COM)

*Recipe from Blue Apron:*

### Seared Cod Piperade With Roasted Blue Potatoes & Parsley-Almond Sauce

*Serves 2*

10 oz. blue potatoes, cut into bite-sized pieces  
Olive oil  
Salt and pepper to taste  
1 red bell pepper, thinly sliced  
1 heirloom pepper, thinly sliced  
1 yellow onion, peeled and thinly sliced  
3 cloves garlic, peeled and thinly sliced  
2 Tbsp. Marcona almonds, finely chopped  
1 large bunch parsley, stemmed and finely chopped  
2 Tbsp. sherry vinegar, divided  
2 Tbsp. tomato paste  
2 cod fillets  
1 tsp. piment d'Espelette

**Preheat** oven to 450 degrees. **Place** potatoes on a sheet pan and **drizzle** with olive oil and **season** with salt and pepper, tossing to coat thoroughly. **Arrange** in a single layer and **roast** for 24 to 26 minutes, or until browned and tender when pierced with a knife. **Remove** from oven and set aside.

In a medium pot, **heat** 2 tsp. olive oil over medium heat. **Add** peppers, onion and garlic. **Season** with salt and pepper. **Cook**, stirring occasionally, 14 to 16 minutes, or until vegetables are softened.

**Heat** a dry nonstick pan over medium-high heat until hot. **Add** almonds and **toast**, stirring occasionally, 2 to 3 minutes, or until fragrant. **Transfer** almonds to a medium bowl. **Stir** in parsley and enough olive oil to create a rough paste. **Season** with salt and pepper, and **stir** in a splash of sherry vinegar. **Wipe** out the pan used to toast the almonds.

**Increase** heat for the piperade (peppers) to medium-high. **Add** tomato paste and **cook**, stirring frequently, 3 to 4 minutes, or until fragrant and dark red in color. **Add** remaining sherry vinegar and ¼ cup water. **Cook**, stirring frequently, 30 to 45 seconds, or until the liquid is absorbed. **Remove** from heat, **season** with salt and pepper, and **set** aside.

**Pat** cod fillets dry and **season** with salt and pepper and all but a pinch of the piment d'Espelette. In the same pan used to toast almonds, **heat** 2 tsp. olive oil over medium-high heat until hot. **Add** cod and **cook** 4 to 6 minutes per side, or until cooked through.

**Divide** cod, potatoes and piperade between 2 plates. **Top** with parsley-almond sauce. **Garnish** with remaining piment d'Espelette.







*For the Cook:*

## BLUE APRON

Forget individual servings. With this service, you get a weekly box of food to prepare three complete meals for at least two people. The dishes are designed with healthy, fresh ingredients, but the portions are larger than may be appropriate for achieving weight-loss goals, if that's your concern.

**MISSION CONTROL:** The only service that makes you the chef—but with no time spent on figuring out what to cook or buying groceries, Blue Apron is a time saver. You can specify preferences for and against different meats, and they decide from among their weekly options which recipes you'll be cooking. You'll likely learn some new ideas to add to your cooking repertoire.

**SAMPLE DINNER:** Tomato, peach and goat cheese salad with roasted purple garlic bread.

**PALATE PLEASER:** We received a pale tomato we wouldn't pick from the market, but most of the groceries were high quality and the recipe instructions were suitable for beginners. Our best meal was a tasty trip to the Basque French-Spanish border region via a piperade (recipe on facing page).

**VESTED INTEREST:**  
ABOUT \$10 PER PERSON PER MEAL. [BLUEAPRON.COM](http://BLUEAPRON.COM)





*For the Hunger Crusher:*

## NUTRISYSTEM

Everyone has heard of this 40-year-old diet plan, but since it isn't in stores, you may not know how it works. Nutrisystem ships you a month's worth of meals—three a day, plus snacks, that come partly in a cooler frozen and the rest room temp—and a ton of food tracking and motivational materials to help you lose weight. When you sign up, the company takes into account your activity level and how much weight you want to lose, and there are plenty of carbs you can time to eat before a run. Of all the plans, this one has the most processed foods, many of which are frozen or shelf stable—like what you might take camping. Frankly, people with less discerning palates will appreciate this plan, though the company is testing a fresh delivery service.

**MISSION CONTROL:** You can pick different low-fat meals that sound good to you in advance to include in your order and then you can choose what you want on a meal-by-meal basis until it's gone. You also need to supplement with other foods, especially fresh produce.

**SAMPLE DINNER:** Mushroom risotto, supplemented by homemade mixed green salad with oil and vinegar, a slice of multigrain bread and grated cheese to sprinkle atop entrée.

**PALATE PLEASER:** Our testers were not particularly impressed with the processed nature of most of the MRE-esque foods. The frozen meals earned marginally higher marks. The desserts got the best feedback.

**VESTED INTEREST:**

DEPENDING ON THE PLAN, AROUND \$10 TO \$12 PER DAY.

[NUTRISYSTEM.COM](http://NUTRISYSTEM.COM)

## THE CHERRY ON TOP

There are obvious reasons why you might try these services—to save time, eat healthy, lose weight—but these other reasons surprised us.

**LEARN HOW TO EAT:** Different companies have different philosophies on eating, and these plans can help you understand—whether it's how to go paleo or eat based on the zone principles. If your body agrees with a meal plan, you can start designing your own meals similarly.

**BROADEN YOUR TASTE BUDS:** Most people tend to eat the same basic dishes and ingredients, so you may end up finding you like pistachios just because you hadn't really tried them before. That said, if you are a very fussy eater, consider just a trial period.

**SAVE MONEY:** Depending on how much you eat out and where you shop, you may actually find that getting prepared meals delivered to your home is less expensive. (It's only fair to consider your time and gas savings too.)

**SHARE WITH OTHERS:** If you like to cook, go grocery shopping, eat out and have a high level of flexibility, you may have to get creative with some of the services. Sometimes two people will order for one and then split the food—the benefits of teamwork!

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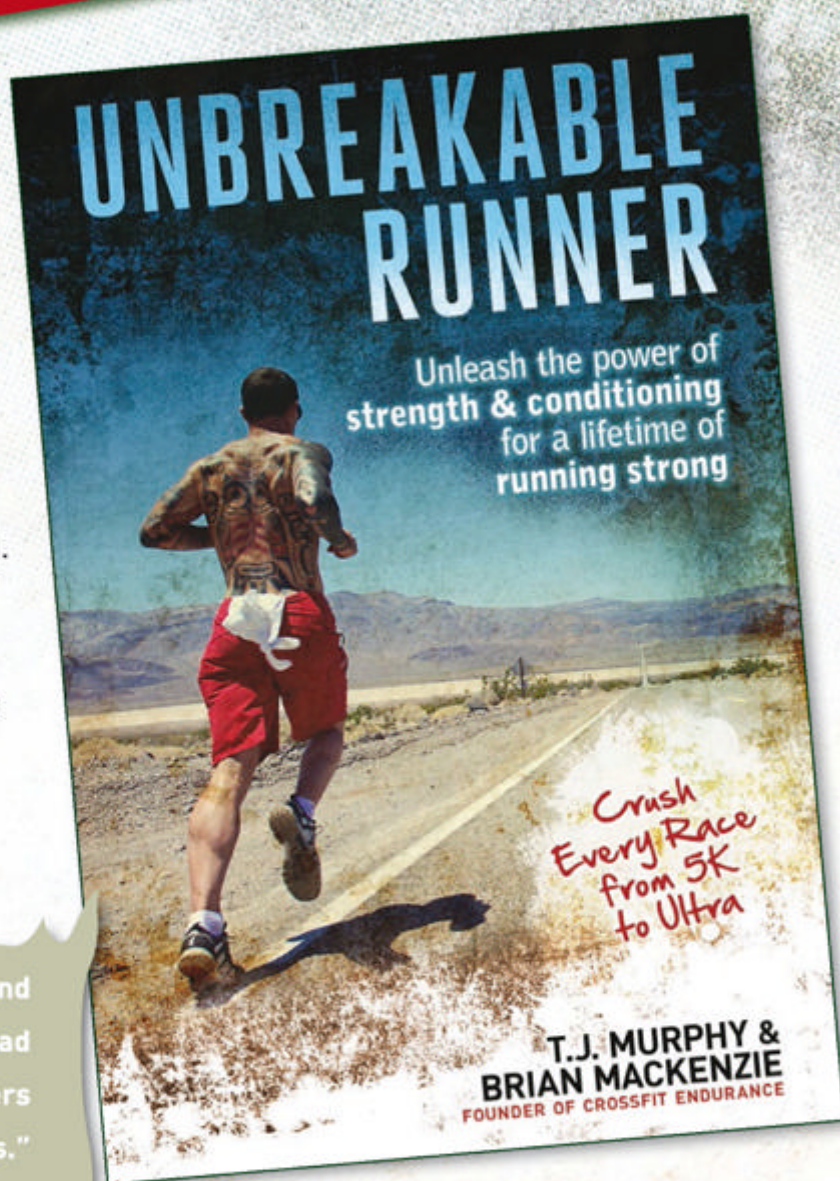
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A woman with blonde hair pulled back, wearing a bright pink sleeveless top and dark blue jeans, is sitting in a black leather office chair. She is leaning back with her right hand resting on her chin, smiling at the camera. The background is a plain, light color.

# AT WORK WORKOUT

*You've probably heard that sitting is killing you. The cure? Get moving—yes, you!*

**By** Allison Pattillo



# A

According to Sir Isaac Newton's first law of motion, a body in motion tends to stay in motion unless an external force is applied to it. That external force is often your desk chair.

Recent studies have shown that sitting for prolonged periods of time not only undoes the benefits of a daily run, but it can also lead to muscle imbalances similar to those often blamed on running, such as tight hamstrings, low back pain, IT band syndrome and runner's knee. Not to mention, staying on your tush increases the risk of diabetes, heart disease and cancer.

"When people sit all day, hip flexors and psoas muscles tighten, effectively turning off the glutes," says Ashley Borden, a California-based fitness and lifestyle consultant.

But that doesn't mean you're a lost cause if you have a desk job. The solution comes in finding ways to incorporate consistent movement throughout the day. This works to rejuvenate you mentally and physically.

When it's 3 p.m. and you crave a candy bar, what your body really wants is some blood flow. Try some of the following office-friendly, no-sweat movements to feel sharp throughout the day.

## IF YOU'RE AT YOUR DESK...

### Torso Twist

This is the best way to work on a six-pack at the office, plus it will make you feel like a kid again. Find a swivel chair (ideally yours, not your supervisor's). Sit upright with knees together and feet just off the floor. Hold the edge of the desk and, while engaging your core, use the chair to swivel from side to side.

*Go back and forth 15 times.*



### Seated Leg Raise

Your quadriceps will be ready to run when you strengthen them throughout the day. While seated (check for good posture) with hands on the chair, slowly extend one leg in front of you. Hold for two seconds before slowly lowering your leg back to the floor.

*Alternate until you reach 15 raises per leg. To increase the challenge, raise both legs at once.*

### Chair Squats

Make squats at work a daily ritual! To tone your booty, stand in front of your chair with feet hip-width apart. Squat toward the chair, but stop just before you touch. As you stand up, remember to keep knees and ankles in line and weight in your heels throughout the movement. *Work toward three sets of 10 repetitions.*



## OFFICE SUPPLIES

*Keep these items stashed at your desk so muscles are loose and ready for a run.*

### STX Lacrosse Ball

The firmness of a lacrosse ball hurts so good for trigger-point work. You can also roll your feet on it while sitting at a desk. *\$4, sportsauthority.com*



### PB Elite Molded Foam Roller

At three feet long and six inches round, this high-density foam roller works for full-body self-massage. *\$20, performbetter.com*



### BackJoy Posture Plus

The portable nature of this device helps you reach optimal posture wherever you sit. *\$40, backjoy.com*



### A girl can dream...Bellicon Classic Rebounder

Use this to take a jumping jog break—even a minute of bouncing gets blood pumping and stops an afternoon slump before it starts. Borden, who says, "It would be my fantasy to have one in every office in the world!" suggests co-workers go in together to buy one for the office common area or break room. *\$499, bellicon-usa.com*



# IF YOU FIND AN EMPTY CONFERENCE ROOM...



## Tension Release

For an instant tension tamer, Borden recommends putting a lacrosse ball on the wall and leaning against it with your shoulders. Use body weight to control the pressure as you rub back and forth against the ball to loosen shoulders, back, rear deltoids and trapezius muscles.



## Upper Back Stretch

Put a foam roller on the ground and lie face up with it horizontally under your shoulders. Interlock your fingers to cradle your head, engage your core and lift hips off the floor. Slowly roll your body back and forth over the roller, going from the top to the bottom of your shoulder blades. This will relax your upper back and help keep your arms in a natural position when you run. **Repeat 10 times.**

## Chest and Shoulder Stretch

To open chest and shoulders after slouching at a computer, put a foam roller on the ground and lie on it lengthwise (spine on the roller) with palms facing up. Inhale through your nose for a count of four and exhale through your mouth for a count of eight. **Stay in position for eight deep belly breaths.**



## Quad Relief to Activate Gluteus

Lie face down with a foam roller perpendicular under your thighs. Prop yourself on your forearms and extend legs back in a straight line. Crawl forward so that the foam roller is just above your kneecaps with toes barely touching the floor. Roll back to start. **Do three sets of 10—one with toes pointed down, one with toes pointed in and one with toes pointed out.**



## WHY IS SITTING SO BAD FOR YOU?

A recent study from the University of Texas looked at the sitting times of marathon and half-marathon participants over the course of an average day. The results suggest: "Recreational distance runners are simultaneously highly sedentary and highly active."

Unfortunately, the benefits of exercise, even a vigorous run, aren't enough to counteract damage done sitting at a desk, in a car or in front of the television. Besides tightening your muscles, every two hours spent sitting increases blood sugars, while reducing circulation and good cholesterol. A study published by the American Cancer Society in 2010 suggested that more sitting meant a shorter life span, regardless of how much participants exercised outside of work.

## 3 TIPS TO GET OFF YOUR BUTT

1. Take a walk with your co-worker as a one-on-one meeting. (Aaron Sorkin is on to something!)
2. Stand when you're on the phone.
3. If it's acceptable in your office, considering switching to a standing desk. If you do decide to stand, Borden, who stresses anatomically correct body positioning to combat the weak core and forward carriage she calls "computer body," says it has to be the perfect height, with the monitor screen at eye-level and the keyboard positioned so that elbows are relaxed at your sides.





# BOSOM BUDDY AWARDS

*No matter what floats your boat or fills your cup, we found the best new models for every size.*

**By Allison Pattillo**

**Photography by James Farrell**

**Second to shoes, a supportive sports bra is the female athlete's most important running partner.**

But a good bra is hard to find. In fact, when we polled our testers, it was easier for them to say what they hated—complicated designs, chafing seams, drab colors, cutting straps and poor fit—than what they loved about the garment.

And testers agreed: The best sports bras are the ones you forget you are wearing. Comfort, support and style were the top three requests when it came to what makes a winning top. Our hard running demo team put dozens upon dozens of styles to the test before choosing their favorites. From A cups to DD+, we've got your next bosom buddy!



HAIR AND MAKEUP BY CHRISTIE CAOLA



**Zoot Moonlight Bra**  
Store your key or gel in a handy front stash pocket. UPF 50 layered fabric left one tester thrilled: "The girls were supported without any padding." \$45, [zootsports.com](http://zootsports.com)

**Roxy Spirit**

The snug fit means confidence whether sweating it out on a run or in spin class. Optional padding blocks high-beams on a chilly morn but doesn't get in the way of the sleek style, with ruching to add interest. \$40, [roxy.com](http://roxy.com)

**Athletic**

Our **A cups** wanted bras with soft fabrics and easy support. "I like bras with slim straps and cute styling in case I get too hot and have to exercise sans shirt," said one tester. Compression provides the lift you need. Pay close attention to fit as extra cup fabric can lead to chafing.

**WR**  
**BOSOM  
BUDDY  
Winner!**

**Zensah Racey Sports**

The smooth fit with zonal compression for targeted support is great for A and B cups. "It performed great and is stylish, comfortable and breathable." \$40, [zensah.com](http://zensah.com)



## Brave

One bonus of being a **B cup** is you have the flexibility to choose between encapsulation, compression or a combination of the two. The latest compression bras have zonal support, putting a final nail in the coffin of uni-boob. Try different styles and run in place in the dressing room to figure out what works best for you.

### Oiselle

#### Verrazano Bra

Compression fabric controls the bounce and a wide chest band combined with a four-strap system ensure a secure fit. Removable cups add light shaping. \$42, [oiselle.com](http://oiselle.com)

### MPG Exuberant

Trust the testers on this style—they called it the “perfect blend of support and freedom of movement.” Contrast back straps are supportive and cute with a tank. Removable cups let you choose if you need them. \$48, [mpgsport.com](http://mpgsport.com)

**Smartwool PhD Seamless Racerback**

"A seamless lining for each breast gives subtle, yet sturdy, support." Soft wool, polyester and nylon is knitted with mesh sweat zones and ribbed side panels. \$60, [smartwool.com](http://smartwool.com)

## Competitors

With curves ahead, it's important for **C cups** to minimize chest movement with support from *both* encapsulation and compression. Consider styles with front or back clasps for a custom fit. And fight for your right to enjoy opening your gym clothes dresser drawer—cute designs, bright colors and bold patterns are available for running.

WR  
**BOSOM  
BUDDY  
Winner!**

WR  
**BOSOM  
BUDDY  
Winner!**

**Under Armour Eclipse**

Flexible and breathable cups deliver a clean look for sweat-session confidence. The crossed back straps are adjustable and had testers raving about custom comfort. \$40, [underarmour.com](http://underarmour.com)

**The North Face Bounce-B-Gone**

This breathable, classic, over-head-style compression bra succeeds in its simplicity. Compression fabric keeps girls secure, with a wide-elastic rib band for enhanced support. \$32, [thenorthface.com](http://thenorthface.com)

**Saucony Sweet Elite**

This bra proves that light and breathable can still mean locked-in. And with no-sew, welded seams, full coverage comes chafe-free. (Some testers found this one runs small.) \$38, [saucony.com](http://saucony.com)



# BOSOM BUDDY AWARDS

## Dreamers

When you're a **D cup** (or larger) runner, it can be tempting to curse your girls. But it's so much easier to love the skin you're in when your bra fits and delivers. Look for individual cups, wicking fabric, smooth straps and a secure fit to tame your tatas and leave you to focus on your stride.

### Sturdy Girl Miami

Compression, encapsulation and suspension support mixed with hot prints, crossover straps and a keyhole back had testers raving. "No worries about anything popping out!" \$66, [sturdygirlsports.com](http://sturdygirlsports.com)



### Nike Pro Rival

Contoured control is size specific—34DD, 36D, 38E and more—for an overhead design with a refreshingly dialed and sleek fit. Contoured, chafe-free seams, V-neck styling and a stay-put rib band were winning elements for testers. \$65, [nike.com](http://nike.com)





### 2XU *Ultimate Endurance*

Movement is minimized with compressive bounce-banishing material, seamless cups, a stout rib band and chest “safety strap.” Testers liked the soft fabric and wide shoulder straps. \$80, [2XU.com](http://2XU.com)

## Dare Devils (+)

Wearing two bras at a time can be a thing of the past for **DD+ cups**. We mean it! The latest designs combine compression, encapsulation, adjustability, easy clasps and feminine style in pieces meant to handle your toughest runs.

WR  
**BOSOM  
BUDDY  
Winner!**

### New Balance

#### *Shockingly Unshocking*

Stylish design (“It looks like a ‘real’ sports bra!”), adjustability and support made this the favorite of our DD test team, which likened the fit to a “good hug.” Adjustable straps and a back clasp enable a customized fit. Sizes are available up to 44DD. \$52, [newbalance.com](http://newbalance.com)

**Sure you know  
your size?**

**Check out the Sports  
Bra app created by  
University of Wollon-  
gong, available for  
free on iTunes.**

### Title Nine *Updated Cuz She Says So*

With this lift-and-separate champion, underwire increases the support factor, as do the wide, stay-put, adjustable shoulder straps. Seam-free cups are crafted from silky wicking material. Sizing is available to 40DD. \$59, [titenine.com](http://titenine.com)

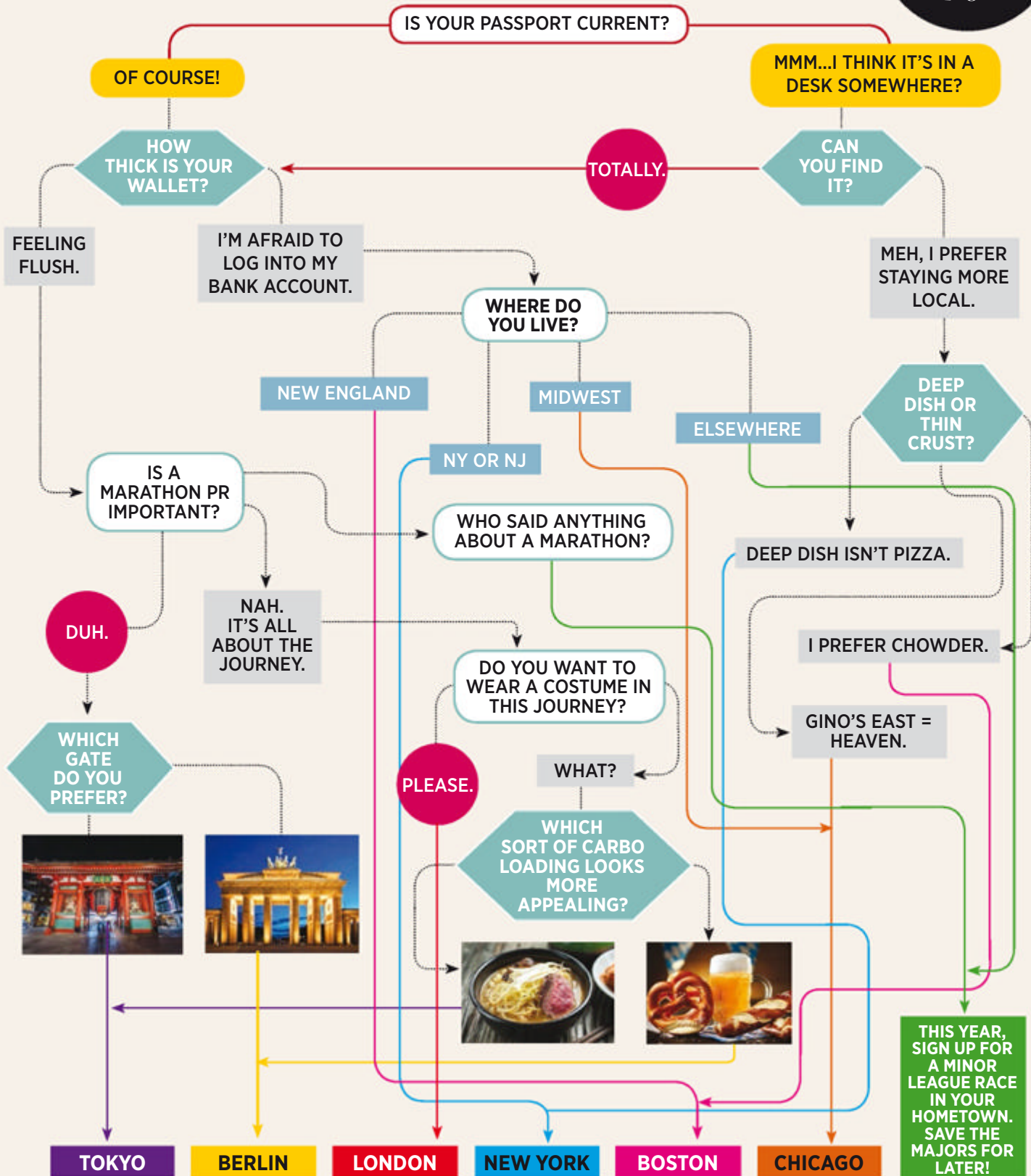
### Enell *Sport Bra*

With this high-impact, front-closure beauty, DD comfort is in the wide shoulder straps and full-back design to give support and help reduce shoulder fatigue. Sizing goes up to 52G and custom sizing is an option. \$64, [enell.com](http://enell.com)



# WHICH MARATHON MAJORS RACE SHOULD I RUN?

Want to know more about the World Marathon Majors? See page 55.



# STAND UP

## FOR INCREASED PRODUCTIVITY.

Users of the **VARIDESK®** height-adjustable desktop standing desk report experiencing an increase in energy levels and productivity\*. And because VARIDESK comes fully assembled, works with existing furniture, and ships immediately, it's an easy and affordable way to quickly transform your office into an Active Office. So stand up for more productivity with VARIDESK.

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\*According to VARIDESK August 2014 Customer Survey: N=760.





# FINALLY, A LONG DISTANCE RELATIONSHIP THAT WORKS.

The GOrun Ultra 2 marries a unique combination of our Resalyte<sup>®</sup> midsole and Resagrip<sup>®</sup> outsole to provide the ultimate in cushioning, support and traction. At last, you can stop searching and start running.

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**GORUN**  
*ultra 2*